

Lessons at a glance

	Date	Instruction
June	Saturday 13	Tour Leadership Skills – Full Day 9am-4pm (free for members who would like to lead club tours)
	Saturday 27	Basic Skills - Half Day AM – 9.30-12pm (\$50pp)
	Saturday 27	Basic Skill Downhill - Half Day PM – 1pm-3.30pm (\$50pp)
July	Saturday 4	Basic Skills Plus – Full Day 9.30am- 4pm (\$70 pp)
	Fri 10 – Sun 12	Kalkite weekend for beginners and families (see note 1)
	Saturday 11	Basic Skills - Half Day AM – 9.30-12pm (\$50 pp)
	Saturday 11	Basic Skills Downhill - Half Day PM – 1pm-3.30pm (\$50 pp)
	Saturday 11	Intermediate Skills - Full Day 9.30am- 4pm (\$70 pp)
	Sunday 12	Telemarking for beginners - Full Day 9.30am- 4pm (\$70pp)
	Saturday 18	Basic Skills Plus - Full Day 9.30am- 4pm (\$70 pp)
	Sunday 19	Introduction to Skating - Half Day AM – 9.30-12pm (\$50pp)
	Saturday 25	Intermediate Skills - Full Day 9.30am- 4pm (\$70 pp)
	Mon 27 – Wed 29	3 day development course (\$210) (see note 2)
	Friday 31	Race Training Skills Improvement (classic and skate) - Half Day AM – 9.30-12pm (\$50pp) (Race week is 1-9 August)
Aug	Saturday 1	Snowcraft and survival skills - Full Day 9.30am- 4pm (\$70pp – possible extra costs for overnight snow camping - contact K7 for price)
	Sunday 2	Steeper ski skills - Full Day 9.30am- 4pm (\$70pp)
	Saturday 29	Pre Kosie Tour Race Clinic (classic and skate) - Half Day AM – 9.30-12pm (\$50pp) (Kosie Tour is Sunday 31 August)
	Date to be advised	Telemarking at Charlotte Pass – Full Day (cost tba) (see note 2)

The fine print and how to book

- ❖ Lessons will only be run if there will be 6 or more participants.
- ❖ Bookings should be made by 5pm on the Wednesday before the lesson if possible, however they will still be accepted after Wednesdays (this helps with planning instructors etc).
- ❖ There might be times when, because of a lack of snow, you will need to catch the ski tube to Blue Cow to attend a lesson. You will have to pay for the ski tube, so make sure you carry the fee with you. For more information and ski tube prices go to <http://www.perisher.com.au/resort-information/getting-to-perisher/skitube.html>.
- ❖ Lesson locations are subject to change depending on conditions.

K7 Adventures. provide instruction for most lessons - www.k7adventures.com or phone 0421 862 354.

Mountain Adventure Centre. provide the instruction for the one day telemarking at Charlotte Pass in August - www.mountainadventurecentre.com.au or phone 1800 623 459.

Map to Perisher Nordic Trails. Most lessons are based at the Perisher Nordic Trails. The trails are across the road from the main Perisher Centre and Car Park. This link provides directions and a map to help you find the trails - <http://perisherxcountry.org/pages.php?OUR-LOCATION-10>.

Kosciusko National Park Entry Fee. You will need to pay a park entry fee. For up to date information on fees go to: <http://www.environment.nsw.gov.au/NationalParks/parkFeesConditions.aspx?id=N0018>

Transport & Parking. Car pooling: CCCSC coordinates transport but cannot guarantee a lift on every occasion. You can post a message on the Club's Google Groups site to car pool. The link to the CCCSC Google Group is: <https://groups.google.com/group/ccsc?hl=en> A contribution to costs will be required. Buses are an option: Murrays - www.murrays.com.au/ or Transborder - www.transborder.com.au/ Parking is free inside Kosciusko National Park.

Make a Booking! For all bookings (except *Navigation Skills* and *Telemarking at Charlotte Pass*) go to <https://www.registernow.com.au/secure/Register.aspx?E=8503>

Questions? email Canberra Cross Country Ski Club's Training Coordinator - cccstraining@gmail.com

Note 1: Contact Jo-Anne Clancy - cccscracing@gmail.com or 6161 1257 or 0411 156 959 for more information, including costs.

Note 2: Enrolments for the full day Telemarking at Charlotte Pass course are managed by Paul Krebs. Contact Paul on 6284 2601 or at krebs@iinet.com.au for more information on this popular day of instruction with the Mountain Adventure Centre.



Cross country skiing lessons 2015

*There's something for everyone
From beginner to advanced skiers*



On the Porcupine Trail – skiing from Perisher to Charlotte Pass

**Spent this winter in the Snowy Mountains
Join the CANBERRA CROSS COUNTRY SKI CLUB**

Join at www.cccsc.asn.au

Lesson Descriptions

TOUR LEADERSHIP SKILLS **K7 Adventures**

Learn the skills required to lead a group in the alpine environment. The club will pay the costs for your day professional instruction. Numbers are limited so book early! At the Perisher Nordic Trails.

NEW for 2015!

Weekend for beginners and families

Friday 10-Sunday 12 July

Join with other members for a weekend all about learning how to cross country ski. Families, singles, couples all welcome.

Accommodation is in Kalkite approximately 45 minutes from Perisher. Self catering and bring your own linen.

Contact Jo-Anne Clancy - cccscracing@gmail.com or 6161 1257 or 0411 156 959 for more information including costs.

Add your lesson/s and spend the afternoons on fun ski tours with experienced members. K7 can also provide private lessons to family groups on request. The perfect introduction to this fabulous sport!

BASIC SKILLS (CLASSICAL TECHNIQUE)

K7 Adventures 9.30am-12pm

Caters for absolute beginners who have never been on skis before. Learn basic techniques and survival skills on easy terrain at the Perisher Nordic Trails.

- ❖ Introduction to cross country skiing including equipment
- ❖ Falling and recovering
- ❖ Side-stepping
- ❖ Diagonal stride
- ❖ Herringbone
- ❖ Star turn
- ❖ Intro to snow-plough

Minimum group size of 6 or price by negotiation.

BASIC SKILLS DOWNHILL

K7 Adventures 1pm-3.30pm

Builds on the skills covered in Basic Skills and Basic Skills Plus on moderate terrain at the Perisher Nordic Trails.

- ❖ Balance
- ❖ Step turn
- ❖ Snow plough

Minimum group size of 6 or price by negotiation.

BASIC SKILLS DOWNHILL

K7 Adventures 1pm-3.30pm

This lesson builds on the skills covered in Basic Skills and Basic Skills Plus on moderate terrain at the Perisher Nordic Trails.

- ❖ Balance
- ❖ Step turn
- ❖ Snow plough

Minimum group size of 6 or price by negotiation.

BASIC SKILLS PLUS (CLASSICAL TECHNIQUE)

K7 Adventures 9.30am-4pm

This lesson builds on the skills covered in Basic Skills and Basic Skills Downhill on moderate terrain at the Perisher Nordic Trails.

- ❖ Balance
- ❖ Glide
- ❖ Moderate downhill
- ❖ Traversing
- ❖ Kick turn
- ❖ Self arrest
- ❖ Double pole
- ❖ Snow-plough and snow plough turn.

Minimum group size of 6 or price by negotiation.

INTERMEDIATE SKILLS (CLASSICAL TECHNIQUE AND INTRODUCTION TO SKATE TECHNIQUE)

K7 Adventures 9.30am-4pm

This lesson builds on the skills covered in Basic Skills, Basic Skills Plus and Basic Skills Downhill on steeper terrain at the Perisher Nordic Trails.

- ❖ Step-turn
- ❖ Stem Christie
- ❖ Telemark
- ❖ Bumps & Dips
- ❖ Introduction to skating
- ❖ Double pole stride

Minimum group size of 6 or price by negotiation.

TELEMARKING AT CHARLOTTE PASS

Mountain Adventure Centre (full day)

Date in August and costs to be advised. Full Day Package (includes instruction, lift pass & lunch). Caters for those with basic to intermediate skills on steep terrain.

TELEMARK FOR BEGINNERS

K7 Adventures 9.30am-4pm

Prerequisites for this course are basic alpine or cross country skiing skills, able to snow plough and do snow plough turns on easy terrain at the Perisher Nordic Trails.

- ❖ Introduction to telemark skiing including how to use the equipment
- ❖ The new telemark progression
- ❖ Stationary exercises and telemark stance
- ❖ Balanced telemark movement straight running
- ❖ Lead change and changing edges
- ❖ First turns & Linked telemark turns

Minimum group size of 6 or price by negotiation.

INTRODUCTION TO SKATING

K7 Adventures 9.30am-12pm

Aimed at skiers who have no or limited experience of skate technique - an easy introduction: Prerequisite is Basic Skills Plus (or equivalent).

- ❖ Strengths & limitations of classical and skate skiing
- ❖ Balance & skate skiing
- ❖ Position, momentum, rhythm
- ❖ Skating without poles
- ❖ Introduction to pole technique
- ❖ Basic skating with poles

Minimum group size of 6 or price by negotiation.

3 DAY DEVELOPMENT COURSE

K7 Adventures 9.30am-4pm

Preferred (but not essential) prerequisites are Basic Skills and a reasonable to good level of fitness. The course will be based at the Perisher Nordic Trails and cover all terrain. An off-trail Nordic tour may be included.

- ❖ Introduction to Instructors & course overview
- ❖ Refresh basic and intermediate skills
- ❖ Nordic Trail fitness training
- ❖ Cornering
- ❖ Pole technique and timing for Classical Skiing
- ❖ Movement analysis
- ❖ Relay races as a method to improve skills
- ❖ Introduction or refresh your skate skiing
- ❖ Using the 'gears' in skate skiing
- ❖ Introduction to and refresher for race techniques
- ❖ Off piste and on piste nordic skiing

Please register your interest by sending an email to Deb dpurss@gmail.com.

Minimum group size of 6 or price by negotiation.

RACE TRAINING SKILLS IMPROVEMENT

(classic and skate) K7 Adventures 9.30am-12pm

Aimed at skiers with Basic Skills Plus and/or Introduction to Skating (or equivalent).

- ❖ Develop & refine your skating & classic techniques
- ❖ Maintaining rhythm
- ❖ Pacing and using gears properly
- ❖ Hill climbing techniques
- ❖ Cornering techniques
- ❖ Managing snow conditions: icy, crusty, sketchy, deep powder, sloppy
- ❖ Waxing

Minimum group size of 6 or price by negotiation.

SNOWCRAFT AND SURVIVAL SKILLS

K7 Adventures 9.30am-12pm

This course caters for all levels and takes place on moderate terrain. Location will be advised closer to the lesson date.

- ❖ Snow Skills
- ❖ How to build emergency snow shelters
- ❖ Overnight stay in a snow shelter (optional)

Possible extra costs for overnight snow camping - contact K7 for price.

STEEPER SKI SKILLS

K7 Adventures – 9.30am-4pm

Prerequisites are Basic Skills Plus and Basic Skills Downhill. Location will be advised closer to the lesson date, slopes will be at the high end of blue.

- ❖ Backcountry skiing – tips and tricks
- ❖ Learn how to ascent, traverse, descend and recover on steeper slopes
- ❖ Minimum group size of 6 or price by negotiation.

PRE KOSCI TOUR RACE CLINIC (classic and skate)

K7 Adventures (9.30am-12pm)

Prerequisites are Basic Skills Plus and/or Introduction to Skating (or equivalent). Hone your skills for this popular citizen race.

Minimum group size of 6 or price by negotiation.

What skis should beginners hire?

Light track skis (preferably "racing skis" with NNN or Salomon Profil bindings). Please do not bring backcountry or telemark skis. Learning on light track skis refines your balance and skiing skills and you'll be able to ski on anything!