

**Lifeski Academy
Horseshoe V. Ski Camp
Dec 17, 2017**

Meeting Place: Horseshoe Valley Nordic Shelter, 1106 Horseshoe Valley Rd W, Barrie, ON L4M 4Y8

Coaches: Katerina Jakl, Petr Jakl

SUNDAY, December 17

9:00 a.m.	Meeting, Getting ready for waxing/skiing	In the Nordic shelter
9:30 – 10:00 a.m.	Waxing skis and testing grip	Waxing all together supervised by Katerina and Petr
10:00 - 12:00 a.m.	Practice - Ski Classic	Warm up, Games, Technique Drill Stations – Double pole, Herringboning and transitioning. Balance exercises, no pole drills.
12:00 - 1:00 p.m.	Rest/Lunch	Horseshoe Resort Nordic Shelter
1:00 - 1:30 p.m.	Ski technique video presentation	
2:00 - 3:30 p.m.	Practice- Ski Skate	Warm up, Games, Technique Drill Stations – Two skate, Offset, One skate Sprints – agility course
3:30 - 4:00 p.m.	Wrap up/ Snack	Nordic shelter
4:00 p.m.	Pick up	Nordic shelter

- **Camp Fee \$30 (no ski pass included) ***
- **Deadline Thu, Dec 14, by 19:00 h ***
- **Registration on Zone4**
- **Camp will be run with 3 and more registrants, refund if canceled**

WHAT TO BRING:

- Clothes for skiing, spare clothes and warm up clothes
- Classic and skate boots, poles and skis (Classic skis – clean grip zones and marked zones, pre waxed and scraped for gliding, Skate skis – pre waxed and scraped for gliding)
- Yoga mat
- Drink belt/water bottle
- Stop watch (heart rate monitor)
- Health card (photocopy, emergency contacts)
- Board games
- Snack, lunch
- Waxing kit (basic hard waxes and klisters, wax remover, scraper, cork)
- Cash/debit/credit card for ski pass (U17 \$23, adults \$26)

Coaching Crew: Katerina and Petr Jakl lifeski.academy@gmail.com, 705-325-6326

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* doesn't apply to the Lifeski Academy SC members