



Cross Country Coaching

Course Calendar



Date	Course	Location	Presenter	Time Required	Cost
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May

Sunday 17 th	Coach Level 0 (partial) Hill bounding & rollerskiing	Mount Beauty, Victoria	Allison McArdle	1 – 5pm (4 hrs)	\$60
Saturday 30 th	Coach Level 0	Studley Park, Melb, Victoria	Allison McArdle	9am – 3:30pm (Min 8 people required)	\$90
Wednesday 27 th	Coach Level 1 – Strength & Conditioning component	Icehouse, Docklands, Victoria	JC Legras	6pm 2.5 - 3 hrs (Min 5 people required)	\$40
Saturday 30 th	Coach Level 0	Jindabyne, Sport & Rec	Alasdair Tutt	9am – 3:30pm (Min 6 people required)	\$90

June

Wednesday 2 nd June	Basic waxing and ski preparation – for new, parents, racers and interested public	EMC – Whitehorse Rd, Deepdene VIC	JC Legras	6:30 – 9pm	\$20 (inc. wax)
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July

TBC	Advanced waxing – Glide Open to coaches, athletes, gen public	YMCA, Howmans Gap	Finn Marsland	2 - 3 hrs (Min 5 people required)	\$40 (inc, wax) \$20 for SSA 2015 registered coaches
Friday 17 th	Coach Level 1 - onsnow Freestyle technique *Pre- requisite	Falls Creek	JC Legras	2 – 5:30pm (3.5 hrs)	\$60
Saturday 18 th	Coach Level 1 - onsnow	Falls Creek	JC Legras	2 – 5:30pm (3.5 hrs)	\$60

	Classic techniques *Pre-requisite				
Saturday 18 th	Coach Level 1 - onsnow Freestyle techniques *Pre-requisite	Perisher	Alasdair Tutt	1 - 4:30pm (3.5 hrs)	\$60
Sunday 19 th	Coach Level 1 – onsnow Classic techniques *Pre-requisite	Perisher	Alasdair Tutt	1 – 4:30pm (3.5 hrs)	\$60
Friday 10 th	Coach discussion & pot luck dinner. – any trained coach welcome to attend.	Falls Creek – specific location TBC	Discussion topic: TBC	6:30 – 9pm (2.5 hrs)	Free
Friday 17 th	Coach discussion & pot luck dinner. – any trained coach welcome to attend.	Jindabyne – specific location TBC	Discussion topic: TBC	6:30 – 9pm (2.5 hrs)	

August

TBC	Advanced waxing – Glide Open to coaches, athletes, gen public	Perisher	Finn Marsland	2 - 3 hrs (Min 5 people required)	\$40 (inc. wax) \$20 for 2015 SSA registered coaches
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September

TBC	Coach Level 1 – Strength & Conditioning component	NSW – exact location TBC	JC Legras	3 hrs (Min 5 people required)	\$40
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*All participants must have completed the Australian Sports Commission Basic Coaching Principles certificate and have emailed a copy of their certificate to SSA, prior to attending the course.

Registration is through the Ski & Snowboard Australian website:

www.skiandsnowboard.org