

**Olympian, National Team Member & World Cup Racer, George Grey is
coming to the Revelstoke Nordic Club for a weekend of Clinics &
Presentations**

Itinerary:

Saturday, February 11th

8:30-9:45 Mingle and ski with George (warm-up type ski)

10-11 Fun Rabbit Event/Game

11-13:30 Team Scream Race, awards and food (a potential opportunity to get George to sign your swag!)

13:30-14:30 Track Attack skate ski technical instruction

14:30-15:30 Junior Development skate ski technical instruction

15:30-16:30 Masters skate ski technical instruction and best practice drills

19:00 Good to Great multi-media presentation at the Community Centre (\$5 if not already registered for the weekend)

Sunday, February 12th

8:45-10 Masters Classic technical instruction and best practice drills

10:30-11:30 Wax and grind and equipment selection technical instruction

11:30 Nutrition Presentation and Lunch (sandwiches will be provided)

13:15-14:30 Track Attack classic technical instruction and best practice drills

14:30-15:45 Junior Development classic technical instruction and best practice drills

16:00 Core training, plyometrics and weights (ages 10+) (location to be announced)

If you would like to register for the weekend Fees are \$5 for Junior racer members, \$15 for Masters members and \$20 for non-members.

There is, as usual, no charge for the Team Scream or the Rabbit event.