



# **MASTERS REGISTRATION** **INFORMATION**



## **Revelstoke Nordic Ski Club** **Masters's Program Registration**

**We are happy to announce that registration is open for the adult/master's coached ski program. The program is aimed at all level of skiers, and will provide for a half hour of coached time to work on technique (both skate and classic, followed by an hour of fitness training. The program will be good for general improvement of technique, fitness, and as a lead up to Canadian Master's championships in March in Golden, BC.**

**Where: Macpherson Nordic Ski Lodge**

**When: Tuesday nights (Jan. 10th to March 6th), skis on for 6:30-08:00pm**

**Who: Participants must be members of the nordic ski club. Sessions will be coached by the club coach Andrei Pascu**

**Benefits: Access to the club wax room (but must use their own equipment)**

**Requirements: A good quality headlamp (at least 90 lumens) and back-up. Participants must have both skate and classic skis, technique used at each session will be somewhat conditions dependent.**

**Cost: Pre-registration only at a cost of \$90 (\$10/session \* 9 sessions)**

**How to Pay: By cash or cheque payable to the Revelstoke Nordic Ski Club**

**How to Register: Registration can be completed at the lodge ticket booth starting Dec. 28th (when staffed) or at the first session, or drop your payment along with name and email in the vault at the lodge.**