

2005 / 2006 Leader Courses



* The JackRabbits Leader courses have been phased out and replaced with two levels of Community Coaching instruction (below).

Note – The BowWaters JackRabbit club will pay 100% of the course fees for our instructors to take these courses, and half of the annual fee to maintain CANSI certification.

Introduction to Community Coaching

First part of the new NCCP Level 1 coaching certificate. It replaces the previously offered JackRabbit Leader courses. This is a 16 hr course (some homework involved) and involves a theory component and a snow component at COP in Calgary.

Sunday	Oct 16	9:00 am – 4:00 pm	Classroom component Kamp Kiwanis near Bragg Creek, AB (23 km west of Calgary)
Sunday	Nov 27	9:00 am – 4:00 pm	On snow component Canada Olympic Park

Community Coaching

Second part of the new NCCP level 1 coaching certification program for cross country skiing. This is a 24 hour course (including homework) with theory, technical, and practical components (some homework involved). You must have taken the Intro to Community Coaching course as a prerequisite to taking the community coaching course.

Thursday	Dec 1	6:30 – 9:00 pm	Community Coaching
Thursday	Dec 8	6:30 – 9:00 pm	Community Coaching
Sunday	Jan 8	9:00 am – 5:00 pm	Community Coaching
Thursday	Jan 12	6:30 – 9:30 pm	Community Coaching

Locations: Canada Olympic Park
Course participants limited to 8.

Participants in these courses will receive certification from NCCP as having completed the 'Intro to Community Coaching' course. Once participants complete the 'Community Coaching' course they will receive certification as a 'Community Coach' - this is the new NCCP level 1 technical/theory/practical XC ski coaching certification.

For information or to register please contact Roy Strum at jrstrum.knes@alumni.ucalgary.ca
Cross Country Alberta.

Annual Hawk Ridge Dryland Training Camp

Saturday Oct 22 9:30 am – 6:00 pm

Foothills Nordic club is putting on a fun day of ski-related exercise, games, roller skiing and some urban surfing at the Westside Wave pool for kids aged 7-12. Meet other skiers from the Canmore Nordic, Lethbridge, and Foothills clubs. For further details see:
<http://www.foothillsnordic.ca/forum/viewtopic.php?t=3235>

CANSI Courses

- All courses are being held at the Canmore Nordic Center and run by TrailSports (403.678.6764)
shop@trailsports.ab.ca

CANSI Prep Course (Pre Level I)

Sun	Nov 20	9:00 am - 5:00 pm
Sat	Jan 21	9:00 am - 5:00 pm

CANSI Level I

Sat, Sun	Nov 26, 27	9:00 am - 5:00 pm
Sat, Sun	Mar 4, 5	9:00 am - 5:00 pm

CANSI Level II (5 day course)

Fri, Sat, Sun	Nov 11, 12, 13	9:00 am - 5:00 pm
Sat, Sun	Nov 19, 20	9:00 am - 5:00 pm

CANSI Refresher Courses

This one day course is designed for certified instructors to review new developments in technique and teaching methods (ie. drills and skill development exercises). It allows all instructors to participate in a sharing of teaching ideas.

Sat	Nov 19	9:00 am - 5:00 pm
Sun	Jan 22	9:00 am - 5:00 pm

Happy Trails!

Bryan McKenney

Leader Coordinator

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