



HIGH PERFORMANCE COACHING SEMINAR

May 3 (5pm start) – May 5, 2019

Canmore, Alberta

Reserve the dates in you calendar for this cannot miss event! Drawing together Nordic ski coaches from across the country we will explore, examine and address some of the current challenges and opportunities in developing and preparing elite cross-country skiers.

Seminar Theme:

Closing the Gap

Through a series of presentations, workshops and active clinics we will be addressing a number of topics brought forward from the coaching community as key levers to moving our sport forward.

Featuring:

Professor Jean Côté PhD

School of Kinesiology and Health Sciences – Queen's University

"Identifying variables and behaviours within family, performers and coaches that create favourable conditions for excellence and participation in sports."

Professor François Billaut PhD

Department of Kinesiology – Université Laval

"Understanding and optimizing the effects of exercise, training and the environment on physiological responses and physical work capacity for performance and health outcomes."

Matt Whitcomb

Head coach of the U.S. Women's Cross-Country Ski team on "Developing a culture of excellence".

Professor Pierre-Nicolas Lemyre PhD and Canadian NST coaches

Engaging athletes, technique trends, athlete coach, and much more!

Some of the planned topics:

- Engaging athletes and keeping them engaged
- Testing and monitoring athletes
- Current technical trends
- Building a vision of success
- Decision making for the athlete
- The athlete as coach
- When there is no snow

Registration opens January 7th

Option A: full seminar with social/dinner Friday night: **\$250**

Option B: Opening workshop + social/dinner Friday night: **\$60**

Detailed agenda of presentations, workshops and other information will be made available at that time on the [CCC website](#)

Participant Coach Eligibility:

Option A: XC ski Comp-Intro advanced (T2T) *Trained* status or above, or biathlon coaches with a Comp-Dev. *In Training* Status or above by the 21st of April 2019. Developing coaches may need to plan upcoming workshops accordingly.

Option B: Open to all!