



# Ski Preparation Workshop

Vernon, BC November 17-19, 2017

## Workshop Information

This workshop covers shop set up, what goes in the tool box, maintenance of tools, ski selection, wax application, testing procedures (grip & glide), hand turning, and stone grinding.

**Who is it For:** club wax technicians and coaches

**Prerequisites:** CCC/CCBC club recommendation

**Presenter:** **Graham Maclean** - Former National Ski Team Waxing Technician; currently part-time CCBC Coordinator of Technical Services and Assistant Coach.

**Workshop Schedule:**

November 17 <sup>th</sup>	6:30pm to 9:30pm
November 18 <sup>th</sup>	8:30am to 4:30pm
November 19 <sup>th</sup>	8:30am to 2:00pm

**Location:** Sovereign Lake Nordic Centre - Vernon, BC (Maintenance Building)

**Workshop Fee:** \$100.00 for CCC/CCBC club members; \$200.00 for non-club members. Registration can be done through online registration on Zone4 [HERE](#).

Limited to 14 participants

**Equipment to Bring** (*all weekend*): laptop computer, extension cord if you have one, writing material

**Equipment to Bring** (*Saturday & Sunday only*): Race preparation tools, an older pair of skis for scraping practice, a wax bench if available, and regular skiing equipment.

**Meals, Ski Passes & Accommodations:** Participants are responsible for their own meals, ski passes and accommodations.

**The Ski Preparation Workshop registration DEADLINE: November 8, 2017**

To receive confirmation, your registration **MUST** include the appropriate fee(s) payable to:  
Cross Country BC (#106 – 3003 – 30<sup>th</sup> Street, Vernon BC V1T 9J5)

**Cancellation (fee) policy: registration fees will not be reimbursed after the registration deadline.**

**PLEASE NOTE:** This workshop may be cancelled if there are an insufficient number of participants registered prior to the deadline. If this workshop is cancelled by CCBC's Program Coordinator, all participants will receive a full refund of their registration fee.

**Registration** (*please note: when you complete your registration through Zone4, you will receive a confirmation via email*)



**Ski Prep  
Registration  
Form**