

**From:** Nancy-CCBC <programs@crosscountrybc.ca>  
**Date:** Tuesday, October 11, 2022 at 12:42 PM  
**To:** Nancy-CCBC <programs@crosscountrybc.ca>  
**Cc:** Georgia Manhard <gmanhard@telus.net>, "coaching@crosscountrybc.ca" <coaching@crosscountrybc.ca>  
**Subject:** \*IMPORTANT\* L2T LF Update Zoom Mtg - info and link

Hello L2T Learning Facilitators!

As communicated earlier, the L2T LF Update meeting (via Zoom) is scheduled for this Thursday evening, Oct 13<sup>th</sup> at 7:00pm. We expect this update to take approx. 50-60 minutes. The purpose of this meeting is to update you on some minor updates, changes and news with regard to the L2T workshops that you facilitate.

**Please confirm your attendance with me asap.**

Attached is a power point presentation that Maria did at our L2T LF Training workshop last season. While it is not intended to use as a presentation during your workshops, we felt you would find it to be a helpful tool.

## **AGENDA**

1. Introduction
2. Ensuring a Good Learning Environment For Your Workshop
3. The Participant's L2T Workshop Materials
4. Your L2T LF Toolbox
5. What's New!
  - MED Module
  - SafeSport
  - Increased Emphasis on Energy Systems
6. L2T Coaches and the Athlete Development Matrix

Below is the **Zoom link** to access the meeting:

Nancy Beaumont is inviting you to a scheduled Zoom meeting.

Topic: L2T LF Update Mtg  
Time: Oct 13, 2022 07:00 PM Vancouver

Join Zoom Meeting

<https://us02web.zoom.us/j/87263254698?pwd=S0h5dzU3SWVzdFNvRDR3bTZGSEhSZz09>

Meeting ID: 872 6325 4698

Passcode: 506069

One tap mobile

+15642172000,,87263254698#,,,,\*506069# US

+16465588656,,87263254698#,,,,\*506069# US (New York)

Dial by your location

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+1 646 558 8656 US (New York)

+1 646 931 3860 US

+1 669 444 9171 US

+1 669 900 9128 US (San Jose)

+1 719 359 4580 US

+1 253 215 8782 US (Tacoma)

+1 301 715 8592 US (Washington DC)

+1 309 205 3325 US

+1 312 626 6799 US (Chicago)

+1 346 248 7799 US (Houston)

+1 386 347 5053 US

Meeting ID: 872 6325 4698

Passcode: 506069

Find your local number: <https://us02web.zoom.us/j/87263254698?pwd=S0h5dzU3SWVzdFNvRDR3bTZGSEhSZz09>

Kindest regards,

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**NANCY BEAUMONT / PROGRAM COORDINATOR**  
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