



Cross Country
Ski Ontario

Application for hosting Annual XCSO Coaching Seminar

Deadline: January 31, 2017

XCSO is pleased to consider working with you to offer coaches from across the province an opportunity to learn new information, share and practice relevant topics and coaching methods. This application form is intended to provide relevant information to both, XCSO and the hosting club to offer a successful seminar.

Registration/payments will be managed by XCSO and guest speakers/presenters will be organized in co-operation.

A survey has been conducted with coaches in Ontario. Relevant outcomes are included in this application.

It will be a 2-day seminar, accommodation and meals organized by the club.

Hosting club information:

- 1.) Club name: _____
Organizer name: _____
Contact email: _____
Contact phone: _____

- 2.) **Timing of seminar:** Most coaches would attend between April – mid June
Date: _____

- 3.) **Location of seminar:** Please provide a description of venue(s) for indoor sessions and outdoor activities accommodating between 30 – 40 coaches

4.) **Accommodation:** Please provide information on accommodation options and associated costs

5.) **Meals:** Please provide information (options: catering/restaurant, etc. and costs)

6.) **Proposed schedule:** Survey results: Strength Training, Technique Analysis, Ski Selection, Periodization, Training Camp Design will be part of the offered sessions

DAY 1		Day 2	
Arrival		Breakfast	
Session 1		Session 1	
Session 2		Session 2	
Lunch		Lunch	
Session 3		Session 3	

Session 4		Session 4	
Dinner		Departure	

7.) **Guest Speaker proposals:**

8.) **Additional Information:**

Thank you for your application. Please submit to:

Katja Mathys

cd@xcskiontario.ca

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