



**Cross Country
Ski Ontario**

"To engage, inspire, and involve Ontarians
in cross-country skiing for life."

Club Workshop & 'Apply It' Day

Horseshoe Resort
October 22-24, 2021

XCSO Social - October 22
Club Workshops - October 23
"Apply-It" Day - October 24

**Registration
(coming
soon to
Zone4)**

Schedule at a Glance . . .

<p>Meet & Greet Friday, Oct 22 7-9pm</p>	<p>Club/Coach Sessions Saturday, Oct 23 8:30 am - 5:30 pm</p>	<p>Apply it Day Sunday, Oct 24 8:30 am - 2:30 pm</p>
<p>TBD</p>	<p>Horseshoe Resort</p>	<p>Horseshoe Resort</p>
<p>Reconnect with the XCSO ski community for an evening of social time</p> <p>Light snacks and beverages will be provided</p>	<ul style="list-style-type: none"> → Para-Nordic <ul style="list-style-type: none"> → Introducing Kivi Park – a Sudbury gem → More to follow → Gender Equity versus Gender Equality <ul style="list-style-type: none"> → A case study in our sport → How to incorporate the gender equity lens in our sport. → Safe Sport <ul style="list-style-type: none"> → Troubleshooting scenarios → The Changing Landscape → Creating a Safe Space → Open Mic (your turn to talk) <ul style="list-style-type: none"> → Succession Planning (coaching, club administration, officials) 	<p>For Officials - open session with Angus Carr (ideally minimum Level 1)</p> <ul style="list-style-type: none"> → Timing Session → Race simulation <p>For Coaches - contact Katja Mathys for eligibility</p> <ul style="list-style-type: none"> → Learning Facilitator Evaluations (w/Stephen Novasad) → In person T2T dryland workshop (w/Mary Waddell) → T2T & Comp Dev Evaluations (w/Katja Mathys & Stephen Novasad) <p>Roller skiing Analyzing technique</p>