



# Ski Preparation Workshop

Whistler, BC Nov 22-24, 2013

## 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** - National Ski Team Waxing Technician and Assistant Coach / Coordinator of Technical Services for the Callaghan Valley Training Centre

**Workshop Schedule:**

November 22 <sup>nd</sup>	6:30pm to 9:30pm
November 23 <sup>rd</sup>	8:30am to 4:30pm
November 24 <sup>th</sup>	8:30am to 2:00pm

**Location:** Whistler, BC

**Workshop Fee:** \$65.00 for CCBC club members; \$100.00 for non-club members

Limited to 14 participants

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

**Accommodations:** Participants are responsible for their own meals and accommodations. For accommodation options please contact Verna Wagner at [programs@crosscountrybc.ca](mailto:programs@crosscountrybc.ca) at the CCBC office.

**The Ski Preparation Workshop registration DEADLINE: October 31, 2013**

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 9 J5)

**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 workshop fee & registration form are received, you will receive a confirmation email)



**Ski Prep  
Registration  
Form**



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Workshop Fee Enclosed:

Please send me a receipt to the below  
email address (circle one):

YES (or) NO

\_\_\_\_\_

Participants Name:

\_\_\_\_\_

Club Name (member of CCBC):

\_\_\_\_\_

Email Address:

\_\_\_\_\_

Mailing Address (FULL):

\_\_\_\_\_

Contact Phone Number(s):

\_\_\_\_\_



**Ski Prep  
Registration  
Form**