



X-C SKI FAST and NAKKERTOK
presents
SPRING BREAK NORDIC SKIING and SNOWSHOE
CAMP

MARCH 15, 16, 17 10am – 330pm
NAKKERTOK NORDIC CENTRE

What is this:?

Back by popular demand X-C SKI FAST and Nakkertok are hosting the 3rd Annual Spring Break Nordic Camp March 15, 16 & 17.

This camp will promise fun on skis and new for 2010 **fun on snowshoes!** All three days will be filled with games, relays, trail skis and loads of fun with new and old ski buddies. We will be providing instruction in both classic and skate techniques. Focusing on weight transfer, long glide, power, poling, hills and best of all "SKIING FAST".

We will be exploring the new Nakkertok South snowshoeing trails in the afternoon.

You can attend for a day, two days or for all three days.

Who should come?

- Racing Rabbits (mini-midget, midget and pee-wees)
- Jackrabbits (Level 2 and up with skate ski ability)
- For skiers aged 8 to 12

What to bring?

- Skate skis, boots and poles (rentals available)
- Classic skis, boots and poles
- Ski and weather appropriate clothing

Who are the Leaders

- Geoff Tomlinson – Nakkertok Coach, X-C Ski Fast Director and Instructor and King of Games
- Jan Downing – Nakkertok Coach, X-C Ski Fast Instructor and Queen of Cookies
- Greg McKay - Snowshoe Fast coach. Bytown Blues rugby coach and King of Clothing
- Many special guest coaches

How Much does it cost and how do I pay?

NAKKERTOK MEMBERS	NON-MEMBERS
1 day = \$45	1 day = \$55
2 day = \$80	2 day = \$90
3 day = \$105	3 day = \$120

- Skate skis, boots and poles available for rent at \$15 per day (please reserve in advance)
- Registration fee payable in full the morning of March 15/10 (cheques payable to National Capital District)

Who do I contact to Register?

- Geoff Tomlinson at 613-596-1886 or skifast@rogers.com
- Jan Downing at 613-736-8323 or jandowning@rogers.com
- Register by March 13 9pm