

2016 Skiing Is Believing

Introductory Adaptive Cross-Country Ski Clinic



Looking for a healthy sport to be part of your fitness regime? Or are you a competitor that would like to see if you have what it takes to represent Canada at the 2018 Paralympic Winter Games? Join us on Sunday January 17th for an introductory ski clinic.

Cost for the clinic is \$25 per para-skier (must be 10 years of age or older). You may bring one guide/support person (free!). Included in the fee is ski equipment rental, trail pass and coaching for you and your guide/support person. If you are coming from Vancouver a shuttle van will transport you to/from Whistler Olympic Park, included as part of your \$25 registration.

Where: Whistler Olympic Park

When: Sunday January 17, 10am to 3pm (not including travel time to/from Vancouver).

Registration: <https://zone4.ca/reg.asp?id=11046> Deadline for registration is January 10th.

Is this program suitable for you? These are our minimum mobility standards:

- **Wheelchair users:** Able to transfer with minimal assistance and have enough upper body strength to move your own bodyweight in a sled. Support staff do not push or tow athletes in our programs. This program is designed for individuals who spend most of their time in a manual chair (not a power chair).
- **Standing skiers:** Able to stand and walk at least 400m with or without walking aids such as a cane or crutches but without assistance from another person.

Questions? Email questions to adaptive@nordicracers.ca