

# XO dryland training courses

country level



## Program outline

Cross Country Skiing Coach Level 0 courses are designed for coaches, teachers and parents working with athletes at interschool level and focusses on dryland preparation for the winter. Training techniques covered include ski walking, ski bounding, ski specific strength and roller skiing. Participants will come away with the latest technical knowledge, skill development progressions and 3 easy to follow lesson plans to help engage and prepare athletes for when the snow starts falling.

## Clinic Director

Allison McArdle  
SSA National Coaching Director - XC  
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## Registration

For more information on each course and to register visit the SSA Website:  
[www.skiandsnowboard.org.au](http://www.skiandsnowboard.org.au)

## Courses

### Sunday May 17

1.00-5.00pm

Big Hill MTB Park Mount Beauty  
Hill Bounding & Roller Skiing Only

### Saturday May 30

9.00am-3.00pm

Studley Park Boathouse, Kew

### Saturday May 30

9.00am-3.00pm

Sport & Recreation Centre Jindabyne

## Cost

\$60-90