



TRAINERS SEMINAR

2009 FIS Trainers Seminar
Hosted by Cross Country Canada
Hilton Whistler Resort & Spa, Whistler, British Columbia, Canada

Cross Country Canada is pleased to announce that registration for the 2009 FIS Trainers Seminar is now underway! Please secure your spot for the Seminar by registering prior to **April 20, 2009**.

Registration Form for **International** coaches.

Seminar Activities Include:

22/05/2009	Title	Speaker
	Tour of Whistler Sliding Centre (WSC) <i>OWG venue – Bobsleigh, Luge, Skeleton</i>	Tour Host <i>Whistler Sliding Centre</i>
	Wine and Cheese Social	
23/05/2009	Title	Speaker
	Sprints (Biomechanics & Physiology)	H.C. Holmberg <i>Swedish Winter Sports Research Centre</i>
	Prediction of Excellence	Dr. David Cox <i>Simon Fraser University</i>
	Building Successful Systems	Dr. Stephen Norris <i>University of Calgary</i>
19:00	Banquet	

24/05/2009	Title	Speaker
	Distance (Biomechanics & Physiology)	H.C. Holmberg <i>Swedish Winter Sports Research Centre</i>
	Organizational Structure and Performance	Dr. Stephen Norris <i>University of Calgary</i>
	Tour of Whistler Olympic Park <i>OWG venue - Cross Country, Biathlon, Ski Jumping, Nordic Combined PWG venue – Cross Country, Biathlon</i>	Robert Bernhardt <i>2010 OWG/PWG Chief of Competition-Cross Country</i>



FIS[®] TRAINERS SEMINAR

REGISTRATION FORM – INTERNATIONAL COACHES

Prerequisite:

- Endorsement from your National Ski Federation.

Registration. Please complete the following:

First name: _____

Last name: _____

Address: _____

City: _____

Country: _____

Postal Code: _____

Email: _____

Telephone Number (home): _____ (cell): _____

Organization: _____

The seminar will begin at 4:00 pm on May 22 (registration) and end at 6:00 pm on May 24, 2009.

Your registration fee includes: all the seminar presentations, the banquet, the Wine and Cheese Social, a working lunch on Sunday and tours of WSC and WOP. Registration deadline is **April 20th, 2009**.

Payment:

- \$250.00 CAN for a single delegate. Registration fees are non-refundable.

Make cheques payable (in Canadian funds) to **Cross Country BC** and mail with your registration form to:

Verna Wagner
#106 – 3003-30th St.
Vernon, B.C., Canada
V1T 9J5

Accommodations: Whistler Hilton Resort & Spa. \$54.50 CAN/nite plus taxes - double occupancy. \$109.00 CAN/nite – single occupancy. Note that your registration fee does not include your accommodations.

Accommodation	per/night CAN funds		2 nights	Hotel (10%)	GST (5%)	with tax	per person/dbl occupancy
Hilton Room (2Dbl Beds) ~ single or double rate	\$109.00	2	\$218.00	\$21.80	\$10.90	\$250.70	\$125.35

Additional adults in the room would be \$30.00 CAN per night plus applicable taxes.

To make reservations contact the Hotel's Reservations Department at (604) 932-1982 (locally) or 1-800-515-4050 (toll free). Specify both the event name (FIS Trainers Seminar) and Group Code (FTS) to access the negotiated rates. You will be required to guarantee your reservation with a credit card or advance deposit. The deadline for making reservations at this special rate is **April 23, 2009**.

For more information about registration and accommodations: contact Verna Wagner at: 250.545.9600; Email: programs@crosscountrybc.ca.

For more information about the Whistler Hilton Resort & Spa: click on www.hiltonwhistler.com.

For more information about the FIS Seminar: contact Georgia Manhard: 250.397.2525; email: gmanhard@bcinternet.net