



2010 NENSA Nordic Symposium

When: September 17-19th, 2010

Where: The Westin Waltham Boston, 70 Third Avenue. Waltham, MA 02451, United States Phone: (781) 290-5600. All meetings will take place at this host hotel. Link to lodging registration: <http://www.starwoodmeeting.com/StarGroupsWeb/booking/reservation?id=1006216471&key=4D3D6>

Cost: Symposium cost is \$195.00.

Lodging is separate: \$99 per room per night group rate if reserved by August 18th.

Contact: Janice Sibilica for more info. Janice@nensa.net, 914-475-5494

General Info: This weekend of presentations satisfies the NENSA Level One Coaches Certification requirements

2010 NENSA Nordic Symposium

Tentative Draft Schedule (Times Subject to change)

Fri, Sept 17

Time

Presenter

Seminar

6:30 - 6:35PM

Janice Sibilica

Welcome/overview

6:35 - 7:00PM

Janice Sibilica

New England Athlete Development Pipeline-
Supporting Excellence: helping NE athletes achieve
their potential

7:00 - 7:30 PM

Patrick Cote

USSA Pipeline-Pathway/Opportunities

Sat Sept 18

8:30-10:00 AM

Donna Smyth

Developing Cross-country Ski Skills and Fitness
Through Dance and Game Play

10:00-11:30 AM

Zach Caldwell

Physiology -Training the systems to build ski efficiency
Eating disorders in xc skiers-Identifying & providing

11:30-12:15PM

Tracey Cote

a pathway for help

12:30-1:30

Lunch

On your Own

1:30 - 3:00PM

Dave Wood

A glimpse into the Canadian Athlete Development
Pathway

3:00 - 4:30PM

Kurt Jebson

Compartment Syndrome -case studies

4:30 -5:15PM

Sverre Caldwell

BKL age sensitive development

Dinner

On Your Own

7:30-9:00PM

Round table

Three contemporary topics TBA

Sunday Sep 19

8:15 -9:00 AM.	Sverre Caldwell Patrick Cote &	Developing Champions- SMS model
9:00-10:00 AM	Abby Weissman	Club Development
10:00 -11:30PM	Pat Casey	Ski Technique development
11:30-12:30 PM	Lunch	On Your Own
12:30- 4:00PM	Jim Rodrigues	NENSA Event Organizer Seminar and Adaptive skiing presentation by Cathy Thompson
		Fall Meeting
1:00 - 4:00 PM	EISA Meeting	
