



## REGISTER FOR SKI AND TEA - U.S. TEAM HOPEFULS PROGRESSIVE SKI TECHNIQUE CLINIC SERIES

Clinics are Open Registration For Women Only -- Ages 12 and Up!!  
These clinics are for all levels - beginners to seasoned racers!

**Nothing like this has ever been offered in the Midwest before!  
Be the first on your block to train with the U.S. Ski Team hopefuls. -- our future Olympians!**

Clinics will be held Rain or Shine - 6" of Snow or 60" of Snow  
OO WARMING HUT  
8:00 - 12:00 NOON

### CLINIC DATES and DESCRIPTION:

**Saturday, October 11, 2008** - Ski and Tea Hosting Clinician Maria Stuber - Fundamentals of Skiing Technique on Dry Land.

*The the last hour of this clinic will be devoted to an Introduction to Rollerskiing for those who are interested. Nothing fancy, just getting getting the feel of rollerskis. You do not have to get on rollerskis but will still learn lots! Not to worry! We'll keep you busy and learning on dryland in keeping with "No Woman Left Behind". We will have loaner Skate Roller Skis with Salomon Bindings. You will need Skate Ski boots that are compatible with Salomon bindings, ski poles are optional, bike helmet (required), water bottle, energy bar and your own skate roller skis if you have them or can borrow them. Check the local ski shops for rental skate ski boots that will fit Salomon bindings.*

**Saturday, November 8, 2008** - Ski and Tea Hosting Clinician Kristina Owen - Dryland Skiing Technique and Introduction to Rollerskis

*This clinic will combine a recap and further development of the dryland techniques learned in Clinic 1, followed by a focus on developing a comfort level and correct technique while on rollerskis. Time between the two subjects will be split roughly 50/50, depending on the participant's strengths and desires. While alternative drills will be available to those not wishing to be on skis, all are strongly encouraged to give it a try! Heather will assist Kristina in working with those who do not wish to try roller skis in keeping with our theme of "No Woman Left Behind"!*

**Saturday, December 20, 2008** - Ski and Tea Hosting Clinician Jojo Winters - Transition from Dryland to On-Snow Skiing. Fundamentals of ski technique for both skate and classic.

**Sunday, January 18, 2009** - Ski and Tea Hosting Clinician Heather Zimmerman - More advanced Ski Technique for both skate and classic.

**Wednesday, February 18, 2009** - Ski and Tea Hosting Clinician Caitlin Compton - Race strategies and packed snow skiing tactics.

Each four-hour clinic will be \$50.00 per person and is tax deductible. Keep your own personal records for tax purposes. You can pay for each clinic separately or ALL of them at once, but your space in a clinic is not guaranteed until we have your money. Ski and Tea will not reserve a spot without payment. You must register and pay for a clinic at least five days before the clinic date. **There will be no refunds for any reason!**

*These clinics are fund raisers for the clinicians and 100% of the revenue goes to them!*



## SKI AND TEA - U.S. TEAM HOPEFULS PROGRESSIVE SKI TECHNIQUE CLINIC SERIES

### Registration form.

Each four-hour clinic will be \$50.00 per person and is tax deductible. Keep your own personal records for tax purposes. You can register and pay for each clinic separately or ALL of them at once, but your space in a clinic is not guaranteed until we have your money. Ski and Tea will not reserve a spot without payment. You must register and pay for a clinic at least five days before the clinic date. Each registration form must be accompanied with full payment for the clinics registered on that form.

*There will be no refunds for any reason!*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Clinic:

1. *Saturday, October 11, 2008 - Fundamentals of Skiing Technique on Dry Land*
2. *Saturday, November 8, 2008 - Dryland Skiing Technique and Introduction to Rollerskis*
3. *Saturday, December 20, 2008 - Transition from Dryland to On-Snow Skiing.*  
*Fundamentals of ski technique for both skate and classic*
4. *Sunday, January 18, 2009 - More advanced Ski Technique for both skate and classic*
5. *Wednesday, February 18, 2009 - Race strategies and packed snow skiing tactics*

\_\_\_\_\_ total number of clinics x \$50

\_\_\_\_\_ Amount enclosed

Make checks payable to CXC.

Mail registration form and check to:

Linda Cook  
PO Box 62  
Springbrook, WI 54875