



National Capital Outaouais Ski Team (NCOST) 2009-2010 Selection Notice

- Dates: Saturday April 4th 2009, Junior and K2 evaluation
- Location: Camp Fortune, Skyline lodge
- Schedule: 9:00am to 3:00pm
- Eligibility: Submit athlete registration form to NCOST coaching staff by April 1st 2009.
- Passes: Special rate available on selection days, TBD.
- Equipment: GS Skis
SL Skis
GS&SL protection and poles
- Training plan: Evaluation in the following areas:
- GS Freeskiing
 - SL Freeskiing & drills
 - One ski skiing
 - GS Panels on SL skis, with timing
 - SL gates
- Contacts: FIS Coaches: Jazz Centauro: jazzy_tauro@hotmail.com
Chris Powers: powers_1080@yahoo.com
- K2 Head Coach: Martin Rog: rogger_1@yahoo.ca

