

## Senior Training Weekend

The senior training weekend has been scheduled for 3<sup>rd</sup> to the 5<sup>th</sup> July 2009.

This is a chance for senior members of the club to brush up on their snow skills. The training will consist of a ski/snowboard session on both Saturday and Sunday morning, with a X-country session for interested parties on Saturday afternoon.

The 2 morning sessions will be provided by the Perisher Snowsports and it is anticipated that there will be 2 groups of up to 8 participants. Race course training may be available depending on snow conditions. A great price has been negotiated with Perisher and the club will subsidise the training by 50% of the cost. The cost to each participant will be approximately \$50 - \$60 for the training sessions.

The table below shows the proposed schedule for the weekend:

Day	Saturday	Sunday
Date	4th July	5th July
Warm Up / Stretching / Info	9.00am	9.00am
Session 1 (9.30am - 12.00pm)	Alpine/Snowboard	Alpine/Snowboard
Lunch	12.30 - 1.00pm	12.30 - 1.00pm
Session 2 (1.30pm - 3.30pm)	X-Country	
Après Ski (4.00pm - 6.00pm)	White Spider - Happy hour	
Dinner	7.00pm	

Lodge accommodation for this lot is as per usual lodge booking arrangements.

Lift passes and snow equipment are the responsibility of each participant.

Send your email query to the booking officer at [bookings@thirroulskiclub.com.au](mailto:bookings@thirroulskiclub.com.au)