



PERFORMANCE CENTRE

SNOWSPORTS PERFORMANCE CENTRE

10 SATURDAY PERFORMANCE SESSIONS 2012

Date:	June, 23 rd , 30 th . July 21 st , 28 th . August 4 th , 11 th , 18 th , 25 th . September 8 th , 15 th .
Register by:	Monday the 11 th of June
Cost:	\$1050
Time:	9am
Venue:	Coronet Peak Meet at 9am in the brassiere on day 1.

- ⌘ Whether you're a seasoned campaigner or just want to take your skiing or riding to the next level, the 10 Saturdays Ski and Snowboard performance sessions are for you.
- ⌘ Enjoy the benefits of season long training with the same group and trainer over 10 Saturdays from the start of the season. Your trainer will give you clear guidance every Saturday, giving specific focuses for you to take away and practice between sessions.
- ⌘ Sessions include video analysis of your skiing/riding and individualized personal feedback to work on before the next session. (Some sessions may be held at The Remarkables at the decision of the group)
- ⌘ The 10 Saturday course can be used to improve your skiing or riding ability in preparation for the NZSIA level one or two course, although demonstrations and teaching practice will not be covered.
- ⌘ Additional days focusing on teaching and demonstrations can be provided at an additional cost.

For further information please contact;

Snowsports Performance Centre

Email: performancecentre@nzski.com

Tel: +64 3 442 4626

Mobile: 027 654 9959



