



U.S. Paralympics Presents:
Paralympic Nordic Coaching Education Clinic
with National Team coaches Jason Kask and BethAnn Chamberlain
& 3x Paralympians Sean Halsted and Kelly Underkofler

Join the U.S. Paralympics Nordic Skiing National Team coaches and Paralympic Nordic athletes for a single day coaches clinic on working with adaptive Nordic skiers. The clinic will cover best practices for working with sitting, standing and visually impaired athletes. It will also include information on how to best introduce new athletes to the sport and how to integrate adaptive Nordic athletes into your existing Nordic Team.

This clinic is open to area Nordic coaches and volunteers, Paralympic Sport Club representatives, VA Medical Center and Veteran Service Organization professionals, local school systems, Rehabilitation Hospital professionals and sport and disability professionals interested in Paralympic Nordic Skiing & Biathlon. Sessions will be held on snow and in the classroom so bring your skis if you have them!

Date/Time: Sunday, Dec 13; 9:00am. – 5:30 p.m. (Please arrive 30 minutes prior for check-in)

Location: Hyland Park Reserve, Bloomington MN

Hosted by: U.S. Paralympics & U.S. Paralympics Nordic Skiing

Goals of the Clinic:

- To provide best practices for coaching sitting, standing and visually impaired skiers at every level
- To facilitate the connection of U.S. Paralympics to Nordic coaches and Paralympic partners for the purpose of athlete development and future collaborations
- To provide area Nordic coaches the knowledge and resources for athlete development
- Provide information on integrating adaptive athletes into existing Nordic programming

Cost: \$10 – Lunch is provided, participants will need to purchase a ski pass for the day, (\$8), if you do not already have a Three Rivers Park Season Pass.

Please **register** at: <http://www.zapevent.com/ListActivities.aspx?eventid=8592>

Facility address: 10145 Bush Lake Rd, Bloomington, MN 55438

