



Para-Nordic Program Registration 2014-2015
 Laurentian Nordic Ski Club (LNSC) www.laurentiannordic.com

Para Nordic/Adaptive Ski Program: Para-Nordic skiing is the sport of cross-country skiing for participants and athletes with physical/intellectual impairment as defined by the International Paralympic Committee (IPC). It is a sport which is accessible by all ages and abilities either individually or in a group setting.

LNSC Para-Nordic Introductory-Recreational Program (PNR): is to introduce you to being active and developing athletic movement so you can participate in all the Adaptive Sports in the Sudbury region. You will also work on building your aerobic base, by doing this you may improve your health. The program runs from September to March 31st (or when the snow disappears) on Thursday evenings from 6:00 to 7:30pm. The cost for this program is \$50.00.

LNSC Competitive Para-Nordic Program (PNC): This program is to introduce competition to the Para-Nordic athletes who have a competitive edge. The athletes will be challenged to participate in intensity, strength and endurance workouts. The athletes can compete locally, regionally, provincially and nationally. Training is 2 to 3 times a week during the Fall and Winter months. The program runs from May to March 31st (or when the snow melts) Thursday evenings 6:00 to 8:00pm, the other two times a week will be worked out with the group. Once you are ready for a yearly training program an individual program will be designed by the coach. The cost of this program is \$250.00.

Everyone participating in the Para-Nordic programs must purchase LNSC Annual Club Membership and Program Fees:

Name: _____
Address: _____
Phone # _____ Cell # _____
Email address: _____
Parent/Guardian email address: _____
Emergency Contact Person: _____
Phone # _____ Cell # _____

Program code	Skier/Program Category	Fee	# of each	= Total
PNR	Para-Nordic Recreation	\$50.00		
PNC	Para-Nordic Competitive	\$250.00		
GRAND TOTAL				

CCC waiver must be filled in upon purchasing the Annual Club Membership.
 Medical forms must be filled in and given to the coach of the Para-Nordic Programs.