

Troll Tracks

Edmonton Nordic Ski Club

ENSC SKICKOFF— SEPTEMBER 6TH

- **Come meet our new head coach—Les Parsons!**
- **Bar-B-Que burgers and drinks supplied**
- **Please bring one salad or dessert item per family**
- **Information/registration for fall training and winter programs for 2008/2009**
- **5:00 pm at Goldstick Park**

All interested members welcome!

Items for Troll Tracks are always most welcome! To submit articles and/or photos, please contact the ENSC Newsletter Editor, Denise Thomson, at ensc.newsletter@gmail.com.

ENSC is excited to announce that Les Parsons has been hired as Head Club Coach.

Les has many, many years of experience in coaching at all levels and has worked with skiers in Alberta and Quebec. He is a world traveller and adventurer with a coaching passion (and mild addiction). His goal is to create well rounded athletes who will ski

for life and never lose sight of the joy of skiing and being healthy.

Les will start his coaching duties with athletes in all the cross-country and biathlon programs at a weekend training camp September 6 and 7.

All members are invited to meet Les at the Skickoff Sept 6 at Goldstick.



A great big thank-you to all members of the interview team.

EARLY SEASON DRYLAND TRAINING CAMP-SEPTEMBER 6 & 7

All skiers who are involved with, or want to be involved with the cross-country and biathlon training programs are invited to participate in a dryland training camp September 6 & 7.

The camp will be based out of the Goldstick Pavilion. Both days will start at 9:30. Participants are responsible for their own lunches, snacks and beverages. Bring weather appropriate clothing and footwear, changes of clothes, water bottles and holders, and be ready to have fun reconnecting with new and old friends and your skiing muscles.

All ages are invited to participate on Saturday September 6. Activities will include introduction or development of dryland training techniques, trail runs, strength, relays, games and

other sessions to help bodies and minds get ready for skiing. The day will finish with the Skickoff social.

The training on Sunday, September 7th will be for skiers of Juvenile age and up.

More details to come.

Please let Diane Anderson know by September 4th if you are interested.

diane_carlsson@hotmail.com



Sunday Jackrabbits, March 9, 2008