

<p style="text-align: center;">NORDIC TRACKERS</p> <p style="text-align: center;">ADULT MIXED CROSS-COUNTRY SKI CAMP</p> <p style="text-align: center;">FEBRUARY 25-26, 2011</p>

A cross-country ski camp for adult men and women will be held in Fredericton, NB at Kingswood Lodge (<http://www.kingswoodpark.ca>) the weekend of February 25-26, 2012. Our coaches will be Line Beattie and Louise LeBlanc from Charlo, NB. The schedule for the camp is attached.

The camp is geared toward skiers at a beginner to intermediate level, although all are welcome to attend. As this is a hands-on coaching clinic, the number of participants is limited to optimize learning and feedback in an intimate and interactive setting.

Registration will be done online on a first-come, first-served basis at the following link:
<https://zone4.ca/register.asp?id=2698&lan=1&list=0&cartlevel=1>

Please bring with you:

- high-energy snacks (e.g., fruit, nuts, cheese)
- a water bottle
- classic and skate skis, boots, poles, waxes, etc.
- ski clothing for all weather (layers)
- a towel and change of clothing for stretching
- a towel if you wish to shower (complementary shower and locker facilities on-site)
- copies of trail maps from your local club to share with other participants

Please post a copy of this information at your local club and anywhere else you think would be suitable.

We look forward to hearing from you!

Questions?

(506) 454-2679 (Susan Thompson)

(506) 447-2230 (Sara Wallace)

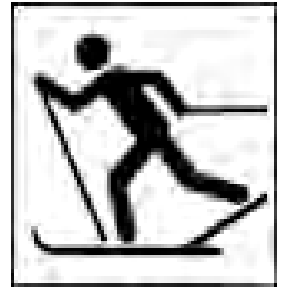
nordic.trackers.2012@gmail.com



NORDIC TRACKERS

Adult Mixed Cross-Country Ski Camp
Camp de ski de fond mixte pour adultes

Wostawea Cross-Country Ski Club
Fredericton, NB
Line Beattie & Louise LeBlanc



SCHEDULE | HORAIRE

Saturday, February 25, 2012 Skate Ski

09:00 - 09:30	Registration & introduction
09:30 - 10:00	Glide wax demonstration
10:00 - 10:30	Video (one skate) Stretching
10:30 - 11:30	One skate
11:30 - 12:00	Video analysis (one skate)
12:00 - 12:30	Lunch (provided)
12:30 - 13:00	Video (two skate)
13:00 - 14:00	Two skate
14:00 - 15:00	Up hill and down hill
15:00 - 15:30	Video analysis (two skate)
15:30 - 16:30	Group ski
16:30 - 17:00	Stretching session
17:00 - 17:15	Camp evaluation forms
17:30 - 21:00	Après-ski social time at Sam Sneads Oak Grill & Tavern at Kingswood*



Sunday, February 26, 2012 Classic Ski

08:00 - 08:30	Registration & introduction
08:30 - 09:00	Kick wax demonstration
09:00 - 09:30	Video (classic) Stretching
09:30 - 10:30	Diagonal stride
10:30 - 11:00	Video analysis
11:00 - 12:00	Double pole
12:00 - 12:30	Up hill and down hill
12:30 - 12:45	Lunch (provided) & camp evaluation forms
12:45 - 13:15	Video analysis
13:30 - 14:00	Stretching session
14:00 - 16:00	Wostawea Sunday Ski Tour leaving from Kingswood (all are welcome)

Le samedi 25 février 2012 Ski de patin

9 h - 9 h 30	Inscription et introduction
9 h 30 - 10 h	Application du fart de glisse
10 h - 10 h 30	Vidéo (un pas de patin) Étirements
10 h 30 - 11 h 30	Un pas de patin
11 h 30 - 12 h	Analyse de la vidéo (un pas de patin)
12 h - 12 h 30	Dîner (fourni)
12 h 30 - 13 h	Vidéo (deux pas de patin)
13 h - 14 h	Deux pas de patin
14 h - 15 h	La montée et la descente des côtes
15 h - 15 h 30	Analyse de la vidéo (deux pas de patin)
15 h 30 - 16 h 30	Ski en groupe
16 h 30 - 17 h	Session d'étirements
17 h - 17 h 15	Formulaire d'évaluation du camp
17 h 30 - 21 h	Soirée après-ski à Sam Sneads Oak Grill & Tavern, à Kingswood*



Le dimanche 26 février 2012 Ski classique

8 h - 8 h 30	Inscription et introduction
8 h 30 - 9 h	Application du fart d'adhérence
9 h - 9 h 30	Vidéo (classique) Étirements
9 h 30 - 10 h 30	Le pas diagonal
10 h 30 - 11 h	Analyse de la vidéo
11 h - 12 h	Double poussée
12 h - 12 h 30	La montée et la descente des côtes
12 h 30 - 12 h 45	Dîner (fourni) et formulaire d'évaluation du camp
12 h 45 - 13 h 15	Analyse de la vidéo
13 h 30 - 14 h	Ski en groupe
14 h - 16 h	Wostawea Sunday Ski Tour à partir de Kingswood (bienvenu à tous)

*Sam Sneads Oak Grill & Tavern – menu attached | menu en pièce jointe

Dinner Menu

call for reservations 444-9509



KINGSWOOD

FIRST TEE

Crispy Shrimp - tossed in a creamy and spicy Thai sauce.....	11
Maryland Style Sautéed Jumbo Lump Crab Cake - with remoulade.....	12
Beef Nachos - tortilla chips, goat cheese, jack cheese, bbq sauce, arugula and sweet onions.....	12
Chicken Quesadilla - cheese, cilantro, tomato, avocado, caramelized onions with salsa and sour cream.....	11
Chicken Wings - 1lb with bbq sauce or hot sauce and blue cheese dressing.....	11
Fried Chicken Tenderloins - with honey mustard sauce.....	8
Bruschetta - crostini, tomatoes, feta cheese, garlic and herbs.....	8
Sweet Potato Fries - sea salt, curried cilantro aioli.....	7
Soup of the Day - ask your server.....	6

FAIRWAY FLAT BREADS

Tomato & Fresh Mozzarella Cheese - with basil.....	9
Oak Fired Chicken - with roasted red peppers, goat cheese and balsamic glaze.....	11
Oak Grilled Steak - with mushrooms, mozzarella cheese and caramelized onions.....	13

OAK GRILLED STEAKS

The Tavern Proudly Serves Fresh AAA Beef Cut Daily in House
All Steaks are Served with Basil Mashed Potatoes and Daily Vegetables. Add Caesar or Green Salad...4

6oz Filet Mignon.....25 **10oz Strip Steak.....26** **12oz Ribeye.....27**

6oz Filet Mignon with a 4oz Crab Cake.....32

Sides: Sautéed Mushrooms or Onion Tangles...2

OAK GRILLED RIBS, FRESH FISH AND CHICKEN

Smoked Baby Back Pork Ribs - with French fries and cole slaw.....full rack.....	22	½ rack.....	15
Steelhead Trout - with caper herb butter, rice and asparagus.....	16		
Atlantic Salmon - with a citrus soy glaze, rice and asparagus.....	17		
Haddock - with Thai chili butter, rice and asparagus.....	15		
Bourbon Chicken - sweet bourbon BBQ sauce with potato and corn hash.....	15		
Bone-In Centre Cut Pork Chop - with basil mashed potatoes and seasonal vegetable.....	16		

THE LONG COURSE

Maryland Style Sautéed Jumbo Lump Crab Cakes - with remoulade sauce, French fries and cole slaw.....	26
Seafood Fettucine - shrimp, scallops, trout, salmon, red pepper cream sauce with bacon and green onion.....	16
Fish and Chips - beer battered haddock served with tartar sauce, French fries and cole slaw.....	12
Fried Chicken Tenderloins - served with honey mustard sauce, French fries and cole slaw.....	10

THE CITY'S BEST BURGERS

The Tavern Proudly Serves 1/2 lb AAA Fresh Ground Chuck Burgers
All Burgers are Oak Grilled and Served with French Fries, or for an additional \$2 sweet potato fries or onion tangles.

Sam's Burger - with lettuce, tomato, and red onion.....	10
Three Cheeseburger - with monterey jack, cheddar and havarti cheeses.....	12
Smoked Tomato Burger - with smoked tomato chutney served with housemade chips.....	11
Patty Melt - with cheddar cheese and sautéed onions on grilled rye bread.....	12

Toppings: Brown Sugar Bacon, Sautéed Mushrooms, Roasted Red Peppers, Jalepeño Peppers or Avocado..... 1.5 each

THE GREENS

Classic Cobb - tomato, avocado, egg, cheddar cheese, blue cheese, oak grilled chicken and bacon.....	14
Thinly Sliced Oak Grilled Chicken, Cheese and Nut Salad - with honey mustard dressing.....	13
Oak Grilled Salmon Salad - with candied pecans, goat cheese, tomatoes and balsamic reduction dressing.....	14
7oz Blackened Ribeye - bacon, blue & cheddar cheeses, tomato, cucumber and croutons.....	16
Caesar Salad with Atlantic Salmon..... with Breast of Chicken.....	14

SALAD DRESSINGS - Blue Cheese, Southwest Ranch, Thousand Island, Balsamic Vinaigrette or Honey Mustard

HOMEMADE DESSERTS

Coconut Cream Pie	5.5
Key Lime Pie	5.5
Individual Ghirardelli Chocolate Cake - with a warm hot fudge centre and vanilla ice cream.....	6.5

HOURS OF OPERATION

Monday to Saturday 11:30 to 10:00pm
Sunday 11:30 to 9:00pm

Open Year Round