

CROSS COUNTRY SKIING

FACTS SHEET FOR SCHOOLS

X COUNTRY SKI PROGRAMS| SCHOOL HOLIDAYS, WEEKENDS, TERM III |

WHERE

K7 Ski School operates from the Perisher Nordic Trails. Find us at the Nordic Shelter or in the Orange Dome Tent at the head of the Nordic Trails. We also conduct training at Falls Creek and Mt Buller for National Interschools.

WHEN

JULY SCHOOL HOLIDAYS -
Daily ski programs.

WEEKENDS: Every Saturday
and Sunday.

TERM III - Tailored cross
country ski programs for your
school.

SUMMER: Join a K7 Ski School
overseas trip for sensational
recreational skiing and
training.

WHO

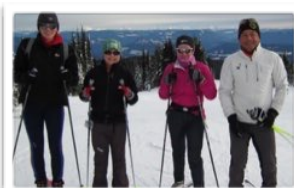
K7 Ski School is a collegiate
organisation built from fully
qualified, professional and
highly experienced cross
country ski instructors &
coaches! Proficient, passionate,
purposeful - we love to teach!



Cross Country Skiing for Schools

K7 Ski School is a highly successful Cross Country Ski School based at Perisher Valley in NSW.

We teach beginners how to classic *and* skate ski through *step by step essentials* of cross country skiing that quickly evolve into full skills sets on snow! Our experience is that young skiers *love* classic skiing where they can quickly build skills in a safe setting and enjoy skiing and racing with their friends. *Once they have learned the basics* of balance, stopping, diagonal stride, turning and poling, young skiers quickly take to the nordic trails.





PROGRAMS

JULY SCHOOL HOLIDAYS

- Daily instruction 9.30 - 11.30 am and 1.30 - 3.30 pm
- 3 day introductory ski program
- Private and Group lessons

WEEKENDS

- Daily instruction 9.30 - 11.30 am and 1.30 - 3.30 pm
- Race training & readiness for junior race programs

TERM III & TERM IV

- School Snowsports Program in Cross Country Skiing
- Half day, full day, 3 day program.

SUMMER HOLIDAYS

- December: Silverstar Canada Nordic Ski Program
- January: Hakuba Japan Nordic Ski Program
- January: Les Saisies France Nordic Ski Program January

What we can do for you & your students.

K7 Ski School has had exceptional and consistent on snow results including at State and National Interschools Competitions. Indeed, our skiers often find themselves **hooked on nordic skiing & achieving strong results** whilst enjoying their sport. We value high level, quality instruction with low, instructor to skier ratios. K7 places a **strong emphasis** on *'the art of teaching'* so that young people are *properly nurtured* as they learn to ski. With a **'skier centric'** focus, K7 Ski School adopts an *holistic & integrated approach* to ensure the academic, psychological and emotional development of young sports people. We value team spirit and a sense of community whilst progressing personal goals of skiers and school teams.

Elite Training Program

Join dual Olympian Barbara Jezersek for *personalised & specific, elite dryland & on-snow training programs for nordic skiing*. Committed athletes will benefit from the training edge. Talk to the Ski School about Barbara's availability pre season and during winter.

Tailor Made - Cross Country Ski Packages

K7 Ski School will build tailor made packages to suit your school. Book lessons with K7 and we will organise 10% discount on 24/7 hire of cross country skis, poles and boots. Teachers go free. It's that easy! Ask us about accommodation.

Talk to us: SMS: 0402 298 821 e: skischool@k7adventures.com

Book early for discounts. Additional 10% off lessons when your school books and pays for programs in advance.

