

**2010 NENSA Nordic Symposium**

Tentative Draft Schedule (Times Subject to change)

**Fri, Sept 17****Time**

6:15 - 6:25PM

6:25- 6:30 PM

6:30 -7:45 PM

**Presenter**

Patrick Cote

Janice Sibilia

Janice Sibilia

**Seminar**

Executive Director's Welcome

NENSA Competitive Program Director, Welcome and overview

Athlete Development – A look at New England and beyond.

**Sat Sept 18**

8:30-10:00 AM

10:00-11:30 AM

11:30-12:15PM

12:30-1:30

1:30 - 3:00PM

3:00 - 4:30PM

4:30 -5:15PM

7:30-9:00PM

Donna Smyth

Zach Caldwell

Tracey Cote

Lunch

Kurt Jebson

Dave Wood

Kurt Jebson

Dinner

Round table

Developing Cross-country Ski Skills and Fitness

Through Dance and Game Play

Physiology Presentation

Eating disorders in Nordic Skiing. What Role Should a Coach Play

On your Own

Recovery Concepts and Basic Nutrition

A glimpse into the Canadian Development Pathway

Compartment Syndrome in xc skiers. A look at potential causes

And preventions.

On Your Own

Three contemporary topics TBA

(Zach/Dave/Pat Casey/Tracey/Kurt/Janice &amp; others)

**Sunday Sep 19**

8:15 -9:00 AM.

9:00-10:00 AM

10:00 -11:30PM

11:30-12:30 PM

12:30- 4:00PM

1:00 - 4:00 PM

Sverre Caldwell

Patrick Cote &amp;

Abby Weissman

Patrick Casey

Lunch

Jim Rodrigues

EISA Meeting

Developing Champions- SMS model

Club Development

Ski Technique development

On Your Own

NENSA Event Organizer Seminar and

Adaptive skiing presentation by Cathy Thompson

Fall Meeting