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Murphy                                                        Richard Webster                              Ross Knight                                                        Shiva Mirzaei-Rezaei                 Ann Marie Foley  We invite you to join our Facebook group by searching for 'XC Chelsea Masters Ski Club' and asking to be added.  Don't forget to come out to the coffee socials at Les Saisons in Old Chelsea after Saturday practices! | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | ****Low impact fall training group**** | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | As we transition to fall training, Masters athletes have varying needs to acquire and maintain fitness. As the body changes, it might take more time and care to adjust to recover from injuries, and training regimes may need to be modified to offset the deleterious effects of high impact activity. On Saturdays, we are now offering a Low Impact Training Group alongside the regular dryland group to accommodate this need. The activities will still challenge athletes, but be adjusted to reduce the deleterious effects of running and impact.  It is envisioned that athletes will be able to move among other groups week to week as they wish.   Within the low impact group, it is important to communicate your limits with your coach, so he/she may optimally support you. | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | ****Late Owl registration**** | | |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  | | --- | |  |  |  | | --- | | Having a hard time letting go of summer? Not ready to give up your mountain biking, cycle-cross, or open water swimming? Perhaps you feel like you missed the boat on starting a fall dryland training program? No problem. We are here for you.  At the start of **October** and **November**, the prices for the Fall Tuesday Dryland and Fall Saturday Dryland programs will be reduced. The prices will be pro-rated to the number of remaining sessions. | | |  |  |  | | --- | --- | | |  | | --- | | [**On Oct. 1 or Nov. 1, register here**](https://xcchelseamasters.us3.list-manage.com/track/click?u=5605bc608261ce1f61a6d7361&id=14fdcaf98a&e=135440b0e4) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | ****Rollerski clinic, Sunday, October 3, 8:30 to 10:30 am**** | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | ***We need three more registrants by October 1 to make this a go!***  This session is designed for beginner and intermediate roller skiers who want to gain skill and confidence. Roller skiing is excellent training because of its specificity. Instruction will be both classic and skate. Participants are to bring their own carbide tip poles. If you are requesting to borrow club skis, indicate your boot type (NNN or Solomon) and ski preference type (skate or classic) on sign-up. The coach will be Étienne Grall and the cost is $30. | | |  |  |  | | --- | --- | | |  | | --- | | [**Register here**](https://xcchelseamasters.us3.list-manage.com/track/click?u=5605bc608261ce1f61a6d7361&id=7b8d8f3794&e=135440b0e4) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | ****XCCM fall camp, October 16-17**** | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | The XCCM fall camp will take place locally, so there is no overnight stay. There are options of dragon boating, biking, hiking and roller skiing. Saturday morning dryland participants will follow the usual Saturday morning program. There is a different fee structure if you are not registered for the Saturday program. Please note that Quebec regulations require proof of vaccination to participate in the dragon boating.  **Saturday (October 16)**   * 8:30-11:30 am:  Rollerski * 8:30-11:30 am:  Dryland * Noon:  Lunch * 1:30-4:30 pm:  Dragon boating and hiking * 5:00 pm:  Potluck picnic (outdoors - Meech Valley)  ****Sunday (October 17)****  * 9:00-12:00 am:  Rollerski / Bike - Gracefield (Véloroute des draveurs) * Noon :  Lunch / end of camp   **Coach:**  Dan Mallett  **Cost:** $80.  $50 if you are already enrolled in Saturday XCCM dryland training (a $30 coupon will be automatically applied). | | |  |  |  | | --- | --- | | |  | | --- | | [**Register here**](https://xcchelseamasters.us3.list-manage.com/track/click?u=5605bc608261ce1f61a6d7361&id=6bffef41f3&e=135440b0e4) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | ****Upcoming social events, Oct. 3, 19 & 30 and Nov. 21**** | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | ****Rocks 'n Roll with Nicole**** Join in a cycling geological field trip through Gatineau Park on **Sunday, October 3rd**. We'll meet at 9:30 am on the bike path at the Champlain Bridge, Quebec side, the southwest corner and make our way up to the Huron Lookout. Check out the Facebook page for more details.  **Tuesday Night Tailgate** Plan to stay after practice on **Tuesday, October 19**!  Weather permitting, we are planning a tailgate party at Mooney's Bay for the Tuesday night crowd. We'll have a cooler with some drinks. Bring some warm clothes to change into, and a snack to share. ****Saturday Post-Practice Picnic**** Plan to stay after practice on **Saturday, October 30**. Bring a mug and some snacks to share. We will bring the coffee!  ****Ski Specific Strength Testing**** Join us in the afternoon on **Sunday, November 21** at the Sport Science Canada Physio Lab for Ski Specific Strength Testing. The goals of the session are to provide athletes with a Performance Gap Analysis and to flag potential injury risk factors. Athletes can choose to complete the testing and receive an individualized report or to also have the Sport Science team create a customized strength training program based on findings from the testing. Stay tuned for further details, including cost. Watch this video to find out a bit more: | | |  |  |  | | --- | --- | | |  | | --- | | [**Watch video**](https://xcchelseamasters.us3.list-manage.com/track/click?u=5605bc608261ce1f61a6d7361&id=17d7938378&e=135440b0e4) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | ****SilverStar XCCM winter camp, December 6-10**** | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Following up on the popularity of the camp in 2019, we are again offering a XCCM winter camp at SilverStar, led by experienced XCCM coaches.  The camp runs Monday to Friday 9 am to noon. Monday and Wednesday are classic and Tuesday and Thursday are skating technique days. Friday is individual video/feedback sessions.  Participants are to arrange their own accommodation, transport, and ski pass purchase.  The cost of the camp is $200. The coaches are Peter Lloyd and Dan Mallett. | | |  |  |  | | --- | --- | | |  | | --- | | [**Register here**](https://xcchelseamasters.us3.list-manage.com/track/click?u=5605bc608261ce1f61a6d7361&id=82b5840f82&e=135440b0e4) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | ****Why we do yoga for ski training**** | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | *****How strength training and yoga work together, by Coach Lori***** Our yoga is part of our post-practice recovery so you can work to your full potential again the next time. It is difficult to perform at capacity when you are injured or not moving optimally.   **Balance**, **strength**, **focus**, **breathing** and **flexibility** are all part of the practice. Plus, taking a moment to enjoy our surroundings in nature, creating the ability in the moment.   Check out this article on why yoga and cross-country skiing are a great match: | | |  |  |  | | --- | --- | | |  | | --- | | [**Article from decathlon.ca**](https://xcchelseamasters.us3.list-manage.com/track/click?u=5605bc608261ce1f61a6d7361&id=be6977eb37&e=135440b0e4) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  | | --- | |  | | Our GOLD Sponsor | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Fresh Air Experience is our **GOLD sponsor**for our 2021/2022 ski year. They are located on route to Gatineau park at 1291 Wellington Street West. Our club receives 15% off regular priced items, excluding bikes, bike parts, and labour.  Check out their website: [http://freshairexp.ca/](https://xcchelseamasters.us3.list-manage.com/track/click?u=5605bc608261ce1f61a6d7361&id=343b449125&e=135440b0e4) | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Twitter](https://xcchelseamasters.us3.list-manage.com/track/click?u=5605bc608261ce1f61a6d7361&id=518b0de3a0&e=135440b0e4) | | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Facebook](https://xcchelseamasters.us3.list-manage.com/track/click?u=5605bc608261ce1f61a6d7361&id=c8c735369a&e=135440b0e4) | | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Website](https://xcchelseamasters.us3.list-manage.com/track/click?u=5605bc608261ce1f61a6d7361&id=84594e3bf9&e=135440b0e4) | | | | | | | |  |  |  | | --- | --- | | |  | | --- | |  | | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Copyright © 2021 XC Chelsea Masters, All rights reserved. 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