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November 23, 2009

Memo To: Northern Schools & Communities

Memo From: Nicole Beauregard

Pages: 2 (including cover)

RE: Ski Fit North program (SFN)

Snow is here in the North & it looks like it is here to stay! That means Cross Country Skiing season has started and the Ski Fit North program will be back again this season. This year we have developed an exciting new model that enhances grass roots and competitive skiing; this year there will be fieldworkers specialized at those levels. We also have put in place a Ski Fit North Steering Committee to help provide insight to our entire program.

Please find the attached request form that your school or community club needs to complete and return to the NSCRD office **ASAP** if you wish to be a part of SFN this winter!

For more information please contact:

(306) 425.3127 or view our web www.nscrd.com

SFN Fieldworker Request

Please check the appropriate box:

Grass Roots/School Based Club or Community Club

* Community Clubs must have licensed racers affiliated with Cross Country Saskatchewan*

Name of School/Community Club: _____

Contact Person(s): _____ Phone: _____

Email: _____ Fax: _____

Dates Requested: _____

What would you like the fieldworker to do? _____

What age and grade do you wish the fieldworker to work with? _____

How many skiers would be involved (total)? _____

How many volunteers will be available assist in supervision? _____

Do you have a loppet or event happening during this time? Yes No

Other information: _____

Please return this form to the NSCRD office:

Attention: Ski Fit North

Fax: (306) 425-4036