

Have You Consider Competing in the 2010 Paralympics?



Yes, we can dream of joining Calgary's Brian McKeever and his brother and guide, Robin. Brian, a Paralympic skier, wants a shot at 2010 Olympics (<http://www.canada.com/topics/sports/story.html?id=3fb25030-48a9-4c2f-bb8d-8982240f56ac&k=48937>)

Cross Country Canada (CCC) offers instructional programs across Canada (for both recreational and racers). CCC provides instruction at the grass-roots - at the club, provincial and national level. The local ski club is the vehicle to meeting new people, camaraderie, socializing. The local ski club mixes fun, fitness, social, recreational and racing for everyone. The registrants realized that they can ski, keep physically fit and learn from instruction.



How much does it cost?

CCC club membership varies from \$10 to \$70 - what so reasonable? - well it just starts there! You must join a local club first. [Find an Alberta club by clicking on http://www.ccski.com/main.asp?cmd=ccl&ID=2&lan=0](http://www.ccski.com/main.asp?cmd=ccl&ID=2&lan=0) Membership in a club provides 3rd party liability insurance, participation in a National Sports Association, skiing expertise and access to instruction and equipment, local, provincial and national newsletters.

What is CCC?

CCC is a volunteer based organization promoting skiing for persons with a disability and promoting full integration into society. CCC does this by providing training, instruction, recreation, competition, acquiring and disseminating information on such topics as rehabilitation for skiers through research and publicity. CCC assists with both development and research of equipment. CCC develops and co-ordinates programs and facilities throughout Canada.



The majority of CCC instructors and support staff are members of the Canadian Association of Coaches (NCCP) or Canadian Association of Nordic Instructors (CANSI). This allows CCC to continue to provide the highest quality of instruction and coaching to disabled skiers since 1987.

CCC is a member of the Canadian Paralympic Committee (CPC), the governing body for disabled sports competitions. CCC enters its National Team to represent Canada at the Disabled World Championships held every two years and the Paralympic that are held every four years.

ASRAB is facilitating to the sport of Cross Country Skiing for the visually impaired, please call the Alberta Sports and Recreation Association for the Blind office at 403-262-5332 or toll free at 1-888-882-7722 for further information on a CCC contact in your area.