



## **NSWACT XC Team App NEWS – INFORMATION TO KEEP YOU TRAINING UNTIL WINTER & MORE!**

26 March 2025

*There is lots of useful information included in this Newsletter.  
Persevere, it will be worthwhile!*

**NSWACT XC DRYLAND TRAINING** is underway in all three regions through to the start of Winter. Find details and RSVP on NSWACT XC Team App under TRAINING:

### **SYDNEY – SUNDAY MORNINGS**

- TIME: 7:00am – 8:30am – Please arrive at 6:45am to allow time to put on your boots/skis etc and sign-in.
- VENUE: Newington Armoury, Jamieson St, Sydney Olympic Park
- COACH: Vince De Souza. Training plan guidance provided by coach Alexei Sotskov.
- Activities will include roller skiing and/or strength and conditioning exercises.
- CONTACT: [warren@sydneybushregeneration.com.au](mailto:warren@sydneybushregeneration.com.au)

### **CANBERRA – SUNDAY MORNINGS**

- TIME: 7:45am for 8:00 – 9:30am
- VENUE: Stromlo Forest Park Criterium Track, Dave McInnes Rd
- COACH: Samuel Johnson. Training plan guidance provided by coach Alexei Sotskov.
- Activities will include roller skiing and/or strength and conditioning exercises.
- CONTACT: [teamcraig5@bigpond.com](mailto:teamcraig5@bigpond.com)

### **JINDABYNE – THURSDAY AFTERNOONS**

- TIME: 4:45pm for a 5:00pm start – 6:00pm – Please arrive at 4:45pm to allow time to put on your boots/skis etc and sign-in.
- VENUE: Jindabyne Sport & Rec Track,
- COACH: Satara Moon. Training plan guidance provided by coach Alexei Sotskov. Activities will include roller skiing and/or strength and conditioning exercises.
- Jindabyne Dryland Training extra – although these sessions are not coached, the Track is available on Monday afternoons at 4:45pm and Saturday mornings at 9:00am for your increasing fitness and skills practice.
- CONTACT: [nswxc1@gmail.com](mailto:nswxc1@gmail.com)

An annual Sport & Rec Facilities Use Pass is required to use the track. Contact Karen White ([karen.white@sport.nsw.gov.au](mailto:karen.white@sport.nsw.gov.au)) for information about purchasing the Pass.

### **TO ATTEND ANY OF THE SCHEDULED NSWACT XC DRYLAND TRAINING SESSIONS (Terms 1 & 2):**

- Make sure your 2025 NSWACT XC Registration is current – Purchase the Registration in the NSWACT XC Team App STORE – (<https://nswxc.teamapp.com/store?list=v1>).
- Purchase either the Full Terms 1 & 2 Training option for \$80 or the Single Session option for \$20 in the STORE. You can attend training in any/all of the regions.
- Check out TRAINING and NEWS to find out what is happening and where and to get details (<https://nswxc.teamapp.com/clubs/18595?webpage=v1>).

- RSVP on the relevant TRAINING item so coaches and organisers know you are coming and can contact you - <https://nswxc.teamapp.com/events?list=v1>

**ROLLERSKIS ARE NOW AVAILABLE:**

Thanks to a donation from Perisher/Vail’s Old Chairlift Auction, NSWACT XC has a pool of rollerskis available for 2025 NSWACT XC registered members to use while they learn and before purchasing their own equipment. Charges will apply to cover wear and tear and looking forward to purchasing more equipment.

- Use the rollerskis at your first session to decide if you would like to continue.
- To use the rollerskis at further scheduled sessions (through to the end of the scheduled sessions before winter), pay the Usage Contribution of \$75 in the STORE.
- If you would like to take the rollerskis away, pay the \$100 deposit, the Usage Contribution and return the rollerskis by 30 June.

Check the STORE for more information and payment.

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**12-13 APRIL 2025: AUSTRALIAN ROLLERSKI CHAMPIONSHIPS AND NSWACT XC TRAINING**

8:00am at Mt Stromlo Criterium Track, Canberra. Fun to participate and great to watch.

Information and registration here – <https://www.snow.org.au/events/229302>

**A special Rollerski Training Session** will be held for current NSWACT XC members on Saturday afternoon. No additional cost if you have purchased Terms 1 & 2 Training. Otherwise, purchase a single session in the STORE.

Details of this special session will be circulated through TRAINING on NSWACT XC Team App as they become available.

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**5-6 APRIL 2025: PERISHER XC TRAILS/NORDIC SHELTER WORK PARTY**

**Join the April XC Work Party #4 Crew** to install the next bridge section, catch up on XC trail maintenance, and other projects – all part of a rewarding and sociable weekend. Overnight accommodation in Perisher is available for all XC Work Partiers, generously provided by Canberra Alpine Club. Contact Peter on [nswxc1@gmail.com](mailto:nswxc1@gmail.com) if you would like to help out.

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**30 APRIL 2025: APPLICATIONS FOR LOCAL SPORTING CHAMPIONS CLOSE 30 APRIL**

The Local Sporting Champions program provides financial assistance for coaches, officials and competitors aged 12-18 participating in state, national or international championships.

[https://www.sportaus.gov.au/grants\\_and\\_funding/local\\_sporting\\_champions](https://www.sportaus.gov.au/grants_and_funding/local_sporting_champions)

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**10 MAY 2025: ANNUAL CANBERRA SNOW SALE**

[Click Here](#) for information for Sellers, Buyers and Volunteers. Volunteers are needed on Friday for set-up and Saturday for the Sale. NSWACT XC and PXC benefit directly from the proceeds of the sale, so please volunteer! **To volunteer**, contact Wendy [sale@snow.org.au](mailto:sale@snow.org.au).

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**17-18 MAY 2025: PERISHER XC TRAILS/NORDIC SHELTER WORK PARTY**

May XC Work Party # 5 – Trail work to get ready for winter – “many hands make light work, etc”. Let Peter know if you want to join in – [nswxc1@gmail.com](mailto:nswxc1@gmail.com).

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## **8-10 JUNE: 2025 NSWACT XC JUNE LONG WEEKEND CAMP, WITH A DIFFERENCE**

The traditional June Long Weekend Camp will be held at Jindabyne Sport & Rec – three days of rollerskiing, strength and conditioning and endurance training to get ready to leap into winter! Snowy Mountains Nordic Rollerski Challenge on Saturday will put your summer’s practice to the test.

For the first time, the option of accommodation will be available for junior NSWACT XC athletes (13-17, high school age). This option was requested by attendees of the 2024 Charlotte Pass Camp as a fun way to “bookend” the season.

Registration and details of the three-day June XC Long Weekend Camp and the accommodation option will be available on NSWACT XC Team App soon.

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## **NSWACT XC WINTER 2025:**

There will be the usual range of XC on-snow training options throughout winter:

- School Holiday Program – Three weeks of immersion in XC skiing (your choice of 1, 2 or three weeks)
- After-School Holidays – A range of weekdays, weekends and times to suit everyone.
- Before-School-Training – Early weekday training and back to school by recess.

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## **UNIFORMS & THE UNIFORM/EQUIPMENT EXCHANGE:**

New Hoodies, NSWACT XC Team Vests and Podiumwear NSWACT XC skiwear will all be available soon.

Kids grow. Use the NSWACT XC Uniform/Equipment Exchange (under [CHAT](#)) to buy, sell, trade or give away skiwear and equipment.

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## **HELP THE VOLUNTEERS:**

- **UPDATE YOUR RECORDS IN TEAM APP** – Ensure your contact details are correct, add athlete’s emails, if they have one, athlete’s year of birth, etc. Note, we don’t really need the guardian’s year of birth, even though it is requested....
- **RSVP** for training and other activities
- **PAYMENTS** - Make sure that your 2025 NSWACT XC Registration is current and other payments are up-to-date.

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