

## **National Capital Ski Club – ‘Quick Turns’ – 05 February 2010**

1. Tremblant Wind Down Weekend – 26-28 Mar 2010 – SOLD OUT
2. Tremblant Lift Tickets – Call office for pick-up info
3. Tremblant Day Trip – get your form in for 10 Feb
4. Club Social – Wednesday, 10 Feb - East Side Mario’s
5. Military Appreciation Days – FREE skiing at Camp Fortune – Fri 12 Feb
6. Adult Sport Motivation Study
7. Pass it on – still lots of reasons to join the National Capital Ski Club

### **1. Tremblant Wind Down Weekend – 26-28 Mar 2010 – SOLD OUT**

Please note the Tremblant Wind Down Weekend– 26-28 Mar 2010 is now sold out.

### **2. Tremblant Lift Tickets – Call office for pick-up info**

Folks who recently ordered additional Tremblant Lift Tickets are to phone Jo-Ann at the office to confirm availability for pick-up. Please note – tickets must be picked up in person.

National Capital Ski Club  
Bldg 467 Uplands, 200 De Niverville Pvt,  
**Phone: 613-521-9216**

### **3. Tremblant Day Trip – get your form in for 10 Feb**

Wednesday (03 Feb), was another HERO day – no ice, nice ‘grippy’ snow, no crowds, great visibility and not too cold (were we at Tremblant??!!) - so put in your leave pass and get your trip registration form into the office no later than 09:00 Monday 08 Feb.

### **4. Club Social – Wednesday, 10 Feb - East Side Mario’s**

Our next Club social is next Wednesday, 10 Feb at East Side Mario’s St Laurent Shopping Centre location - 16:00 - 20:00. This is a great opportunity to meet new and returning members (and their guests) and increase you awareness of our club membership benefits.

### **5. Military Appreciation Days – FREE skiing at Camp Fortune – Fri 12 Feb**

Camp Fortune’s next Military Appreciation Day is Fri 12 Feb. Serving Canadian Force military personnel ski or board for free and their immediate families join them for half price. Equipment rentals at the hills will be half price to the Military personnel and their immediate families subject to availability. Military personnel will be requested to show their military picture/ID cards at the ticket counter.

### **6. Adult Sport Motivation Study**

A coaching friend of mine has asked for our help in participating in a University of Ottawa study intended to assess adult athletes and their training-goals, motivation, and life satisfaction. The results of this study will be used for her thesis project. Participation consists of completing a 25-minute on-line questionnaire. Results are anonymous. To be eligible, you must identify with at least one sport, be 18 years of age (or older), and currently train at least three times per week.

Links for English and French:

<http://www.pelletiermotlab.uottawa.ca/survey/index.php?sid=66894&lang=en>

<http://www.pelletiermotlab.uottawa.ca/survey/index.php?sid=66894&lang=fr>

### **7. Pass it on – still lots of reasons to join the National Capital Ski Club**

From Wednesday Day Trips to cheap ski rentals - there are still many ways to benefit from joining the National Capital Ski Club – please pass this on to your ski and board buddies. Membership form attached.

**Please do not reply to this email** - Send your applications and forms, or general questions to: National Capital Ski Club, Bldg 467 Uplands, 200 De Niverville Pvt, Ottawa, ON, K1A 0K2 or by email to: [office@ncskiclub.ca](mailto:office@ncskiclub.ca)

To reach our Ski Club Executive members, see the links at:  
<http://www.ncskiclub.ca/contact.html>

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