



2024 Western Region Annual Meeting and Awards Banquet

Welch Village

2023-05-04

AM sessions will be from 9AM-12PM. PM sessions will be from 1:30-4:30PM. **Do not register for two sessions during the same time period**, but you may register for one AM session and one PM session.

The Senior OEC Aid Room and OEC/MSP Trainer/Evaluator Clinic sessions being held during the 2024 WR Meeting are by invite only. Participants should register with the course instructors directly.

Lunch is included for all session participants.

Registration deadline is April 19th!

Item Description	Cost	Comments
Avalanche Awareness (AM)	\$10	Provides insight into the fundamental concepts and principles of avalanche hazards, safety and rescue. This class will help prepare you for the Avalanche Senior Elective or any continuing avalanche education through the NSP, AAIRE, etc.
Ski Tuning & Boot Fitting (AM)	\$10	Learn tuning techniques for keeping your equipment in top shape! We'll discuss quick-tunes between ski days, full-tune when needed, and after season storage. After, the great folks of Hi Tempo Ski Shop will discuss boot fitting for getting that perfect fit!
Instructor Development (PM)	\$10	In-person portion of the Instructor Development course. Participants will review instruction tools and practice teaching to a live class. Online portion of the course must be completed prior to attending this in-person session.
Cannon Valley Bike Ride (PM)	\$0	Bring your bike and enjoy a scenic group ride through Welch's famous Cannon Valley along the Cannon Valley Bike Trail! Participants will need to purchase a wheel pass (\$7 for 1 day or \$30 for season pass) at https://cannonvalleytrail.com/ or they can be purchased at the start of the ride in Welch. Helmets are mandatory!
WIN THE DAY: Injury Prevention and Strength Building (PM)	\$20	Join us for a transformative day dedicated to enhancing your winter sports performance. Dive into engaging discussions, hands-on exercises, and personalized tips to refine your movement skills on the snow. Prepare to strengthen, stretch, and mobilize for a day of breakthroughs and increased agility. Let's conquer the snow together! Instructor: Meet

		<p>Coach Chris Giesking, a renowned fitness professional and educator with 20 years of coaching experience. As a lifelong athlete and snowboarder, Chris's proven systems have delivered consistent results to coaches, clients, and students through his unique "Win the Day Health Compass." Using the cardinal directions as a blueprint for health—North for Nutrition, East for Exercise, West for Wellness, and South for Sleep.</p> <p>https://chrisgiesking.com/</p>
Awards Dinner	\$15	BBQ buffet