

# PROGRAM AWARD: DEVON KERSHAW DRYLAND GOALS

The goal of this award is to promote pre-ski season club sessions engaging at least the following skills: good ski striding and running techniques; flexibility routines; balance and technique drills/ skills' course.

<b>Dryland Award/Goal # 1:</b>	4 dryland sessions including all minimum skills
<b>Dryland Award/Goal # 2:</b>	8 dryland sessions including all minimum skills
<b>Dryland Award/Goal # 3:</b>	12 dryland sessions including all minimum skills
<b>Dryland Award/Goal # 4:</b>	16 dryland sessions including all minimum skills
<b>Dryland Award/Goal # 5:</b>	20 dryland sessions including all minimum skills



## Devon Kershaw

Growing up in the Northern Ontario city of Sudbury, Devon's parents were instrumental in developing and nurturing a love of the natural environment and active lifestyle – both of which are cornerstones of his life today. An active Canadian sport enthusiast growing up playing hockey, volleyball, badminton, tennis and running competitively, Devon skied for Laurentian Nordic as a junior where he represented Canada at three World Junior Championships (2000-2002), and won 18 national junior titles. Devon's career took off after moving to Canmore to be a full-time member of the National Ski Team.

Devon Kershaw skied his name into the history books in 2011 with teammate, Alex Harvey, as the Canadian duo joined forces to become the first Canadian males to win a medal at the World Championships when they won gold in the team sprint race in Oslo, Norway. The 2011/12 racing season was a stellar campaign for the leader of the Canadian men's program and he proved he is one of the most consistent all-round skiers in the world when he finished second overall on the World Cup and fourth overall in the gruelling Tour de Ski.