



## SUMMER 2020 OLDER JUNIOR TRAINING INFORMATION Eagle River Area

Summer Session: April 27<sup>th</sup> to July 31<sup>th</sup>

Training Times: April 27<sup>th</sup> to May 7<sup>th</sup> --Monday through Thursday 2:30-4:30pm  
May 11<sup>th</sup> to July 31<sup>th</sup>—Monday through Thursday 9am-11am

Locations: Primarily at Chugiak High School. Other locations are used weekly throughout the summer. A detailed summer schedule will be sent out prior to the end of school and will be posted on the ANR website. Always check the schedule and your email for time and location changes or contact a coach.

Session Cost: \$425, siblings \$300. Scholarships are available. Checks written to ANR.

Summer dry land training is focused on developing athletes to race the Besh Cup race series along with the regular high school races. Please note we do not have the capacity to coach beginners due to coaching staff. **Ideally, athletes need to have 1-2 winters on snow.** Training will consist of trail running, ski-specific leg exercises, strength exercises, and rollerskiing. Athletes must have good running shoes and ski boots, a helmet and a bright layer for rollerskiing. Athletes must wear appropriate outdoor training clothing and be prepared for changing weather. The club can provide rollerskis for a small fee but athletes must provide rollerski tips for poles.

A separate fall training session will run from August to mid-November. ANR will also conduct a summer middle school training program. In addition to the regular training sessions, ANR will tentatively host an on-snow day camp at Hatcher pass from May 26<sup>th</sup>-28<sup>th</sup> and the annual summer camp tentatively scheduled for June 18<sup>th</sup>-21<sup>st</sup>. More details will be sent out we get closer to those events.

**All ANR participants must submit a 2020-2021 registration form and medical/liability release form at the athlete's first training session.** Additional information and forms can be found on the ANR website in April at: <http://www.alaskanordicracing.org/>

Questions? Email: [alaskanordicracing1@gmail.com](mailto:alaskanordicracing1@gmail.com)