



MIDDLE SCHOOL CROSS-COUNTRY SKIING FALL 2020 TRAINING

ANR will conduct a Middle School XC ski training program this fall, beginning October and running to the end of the school semester in December. Due to the uncertain times at the moment more specific dates will be sent out later. This is intended to fill the gap between ASD cross country running and cross country skiing seasons. We do ask that skiers have a season of experience on snow prior to joining the group.

For October through the first week of November, training days will be Tuesdays and Thursdays from 4:15-5:30pm. Practice times for the rest of the season (once High school cross country skiing starts to the end of the school year) will be from 4:30 to 5:45pm. All sessions will meet at Chugiak High School. A third day of practice per week (Mondays) will be added when the Beach Lake trails have skiable snow. The cost for the fall session is \$225, checks payable to ANR. Scholarships are available-- please speak to an ANR coach for more details.

Dry land training will consist of trail running, ski-specific exercises, strength exercises, games, and basic rollerskiing (we provide the rollerskis). Athletes must have:

- Good running shoes
- Rollerski equipment- helmet, poles, and boots.
- A bright reflective shirt, or jacket for rollerskiing

For snow skiing we ask that kids have both skate and classic gear. **Athletes must wear appropriate outdoor training clothing and be prepared for changing weather.**

All ANR athletes must submit a 2020-2021 registration form and medical/liability release form prior to participation in any ANR activity as well as a covid 19 contract. Participants in this summer's middle school program do not need new registration paperwork. Additional information and forms can be found on the ANR website at:

<http://www.alaskanordicracing.org/>

Questions? Email ANR at: alaskanordicracing1@gmail.com