



FALL 2020 OLDER JUNIOR TRAINING INFORMATION Eagle River Area

Fall Session: August 5th- November (beginning of High School Ski Season)

Training Times: Mon.-Thurs. Before School starts 9am-11am, After School starts 2:30pm-4:30pm
(Please note that these times are subject to change.)

Locations: Primarily at Chugiak High School. Other locations are used weekly throughout the fall. A detailed fall schedule will be sent out at the beginning of each month 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: Due to many athletes participating in XC running these are the options we will have available-

- **Full time ANR (coming to all 4 practices each week) August 5th- November (beginning of High School Ski Season)-** \$425, \$300 sibling
- **Part time ANR (2-3 practices per week) August 5th- November (beginning of High School Ski Season)-** \$225
- **ANR after xc running season ends October (End of Cross country running season- November (beginning of High School Ski Season)-** Please speak to a coach.

Scholarships are available. Checks written to ANR.

Fall 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. As the weather changes athletes must come prepared for any type of work out. Once the snow flies we will also be planning training sessions on snow.

All ANR participants must submit a 2020-2021 registration form and medical/liability release form and Covid-19 contract form at the athlete's first training session. Additional information and forms can be found on the ANR website:

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

Questions? Email: alaskanordicracing1@gmail.com