



## MIDDLE SCHOOL CROSS-COUNTRY SKIING FALL 2017 TRAINING Oct 9<sup>th</sup>- Dec 11th

ANR will conduct a Middle School XC ski training program this fall, beginning Monday, October 9th and running to Monday, December 11th. This is intended to fill the gap between ASD scheduled 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, training days will be Monday and Thursdays from 4:45-6:00pm. Practice times for the rest of the season will be from 4:30 to 6:00pm. All sessions will meet at Chugiak High School.* A third day of practice per week 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.

At the first two practices, middle schoolers will run and do core/strength work, meeting at the CHS practice fields. A formal schedule will be emailed in October.

All ANR athletes must submit a 2017-2018 registration form and medical/liability release form prior to participation in any ANR activity. Additional information and forms can be found on the ANR website at: <http://www.alaskanordicracing.org/>

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