



## MIDDLE SCHOOL CROSS-COUNTRY SKIING SUMMER 2018 TRAINING INFORMATION Eagle River Area

Are you a middle-school student who enjoys cross country skiing and racing for fun? Alaska Nordic Racing, a cross country ski training and competition club, will begin middle school cross-country ski summer training in the Eagle River area from **May 29<sup>th</sup> to August 16<sup>th</sup>**.

We will help give you the training to have success next winter weather its local races or Besh Cups! Please note we do not have the capacity to coach beginners due to coaching staff. **Ideally, kids need to have one winter on snow.** This is open to anyone who wants to have fun and improve their ski skills at the same time!

The sessions are tentatively scheduled for Monday, Tuesday, and Thursdays, 11:00am- 12:30pm. Detailed schedules will be sent out in May.

Session cost is \$225. Scholarships are available--please speak to an ANR coach for more details. Summer dryland training will consist of trail running, ski-specific leg exercises, strength exercises, games, and an introduction to rollerskiing.

Athletes must have good running shoes, ski boots, a helmet and a bright layer for rollerskiing. Having roller ski tips (ferrules) on ski poles is highly encouraged! (No rollerski tips will destroy the tip of the standard basket in just a few uses.) Athletes must wear appropriate outdoor training clothing and be prepared for changing weather.

All ANR athletes must submit a 2018-2019 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 in April at: <http://www.alaskanordicracing.org/>

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