



SUMMER 2017 OLDER JUNIOR TRAINING INFORMATION Eagle River Area

Alaska Nordic Racing, a cross country ski training and competition club, conducts a cross country skiing summer training program in the Chugiak-Eagle River area beginning **May 1st** for those not participating in spring sports, and continues to August 18th. This upcoming season Anchorage will be hosting US National Championship the first week of January. We highly encourage any serious racer to look forward and train for these races as well as Besh Cups.

A separate fall training session will run from the first week of August to the end of October. ANR will also conduct a separate summer middle school training program. In addition to the regular training sessions, ANR will conduct weekend camps throughout the year. We will conduct the annual Girdwood summer camp tentatively scheduled for July.

Summer dryland 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 but athletes must provide rollerski tips for poles.

Before school concludes for the year, training will be Monday-Thursday afternoons from 3:00-5:00 pm. When school is out for the summer, the **Chugiak sessions are planned to run Monday, Tuesday, Thursday, and Friday mornings**, 9:30 a.m. - 11:30, 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.

Session cost is \$425, siblings \$300. Scholarships are available-- please speak to an ANR coach for more details.

All ANR participants must submit a 2016-2017 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