



## SUMMER 2018 OLDER JUNIOR TRAINING INFORMATION Eagle River Area

Summer Session: May 1<sup>st</sup> to August 20<sup>th</sup>

Training Times: May 1<sup>st</sup> to May 24<sup>th</sup>- Monday through Thursday 2:30-4:30pm  
May 29<sup>th</sup> to August 20<sup>th</sup>- Monday, Tuesday, Thursday, Friday 1:00-3:00pm

Locations: 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: \$425, siblings \$300. Scholarships are available!

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.

A separate fall training session will run from mid-August to the end of October. ANR will also conduct a summer middle school training program. In addition to the regular training sessions, ANR will conduct the annual Girdwood summer camp tentatively scheduled for the end of June.

All ANR participants must submit a 2018-2019 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](mailto:alaskanordicracing1@gmail.com)