



FALL 2017 OLDER JUNIOR TRAINING INFORMATION Eagle River Area

This is separate from the summer training session- athletes that did not train in the summer session are welcome to join. Fall training session runs from August 14th to the end of October. ANR will also conduct a separate fall middle school training program.

Practices will be from 2:45 to 5:00 Monday through Thursday, but may change later in the season.

To accommodate the busy fall schedules, session costs are as follows:

- Full ANR Fall: \$350, siblings \$250
- Two days a week ANR then full October: \$225
- October only: \$125

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, and an introduction to rollerskiing. Athletes must have good running shoes, a helmet and a bright reflective shirt, jacket, or vest for all rollerskiing activities. Athletes must wear appropriate outdoor training clothing and be prepared for changing weather. We also ask that high school athletes have their own boots and poles- they are responsible for providing their own rollerski tips (ferrules).

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

Questions? Email: alaskanordicracing1@gmail.com