



# Nordic Fall Training Program

Ages 13-19 - J3, J2, J1, OJ

The Cross Country Fall Training program is designed to prepare Nordic skiers age 13 to 19 (J3 and above) for the upcoming ski season. Whether skiers want improve on last year's results or continue building a base from a summer of training, or prepare for the upcoming High School season, the fall training program will most certainly pave a smooth transition onto the snowy trails. Using diverse training tools and varied terrain, the program strives to provide a well-rounded approach to ski specific fitness.

This program is the perfect preparation for skiers enrolling in the High School/Winter Term Cross Country program. Highly motivated Middle School Skiers can participate in this program with coach's approval.

For skiers in fall sports, MBSEF coaches will work with the skier to create a custom fall program to supplement their fall sports activity.

## **Program Dates: September 6 - November 11, 2011**

**Tuesday Through Friday**  
**3:15pm**  
**MBSEF**

**Saturday/Sunday**  
**10:00am**  
**MBSEF**

**Meeting Location:** The fall training group meets at the MBSEF office before heading out to dryland training. Visit [mbsef.org](http://mbsef.org) nordic home page for training calendar.

**Cost:** \$300

**Equipment:** Participants need training clothing for fall conditions. A water carrying device, running shoes and a bicycle helmet are other necessities. The Foundation will provide roller skis. Athletes in the Fall Training program will be allowed to store their training equipment at MBSEF. We will be roller skiing 2-3 days a week. If you are new to roller skiing, do not fret; the coaching staff will help make your transition to roller skiing a smooth one.

Some training will take place in Redmond.

For 2011-2012 registration forms visit  
[www.mbsef.org](http://www.mbsef.org)