



Nordic Middle School Fall Conditioning Program

Ages 11-14 - Grade 6,7,8

The Nordic Middle School Fall Conditioning Program is for motivated athletes ages 11-14 preparing for the Nordic season. MBSEF will also welcome non-skiers who are looking for improved fitness and outdoor experiences.

Participants are picked up from their schools by MBSEF coaches and returned to the MBSEF office after training.

Athletes who are focused on Nordic skiing and looking for more advanced training from Tuesdays through Saturdays, consider signing up for the MBSEF Fall Training Program. Full details are available at www.mbsef.org for all programs.

TRAINING SCHEDULE:

Participants can choose one or two day options, Mondays and/or Wednesdays. For flexibility purposes, Monday athletes can switch to Wednesday with advance notice to MBSEF. Participants will be picked up from their schools at starting at 2:45pm and returned to MBSEF at 5:30pm. Activities will include strength training, core training, hiking, running, ski bounding, games, and even roller skiing. Visit mbsef.org Nordic home page for a complete training schedule.

Program Dates: September 7 - November 14

10 Weeks
Mondays and/or Wednesdays
3:15pm - 5:30pm
Dryland Training

TRANSPORTATION: School pick up schedule TBD - coaches will inform parents specific school pick up times via email prior to program start.

COST:

1 Day/Week \$130
2 Day/Week \$200

EQUIPMENT:

Please come to practice prepared to play in the woods in the varied and frequently changing local weather. Participants should bring running shoes, a thin hat, lightweight gloves, water, and a wind/water resistant jacket and pants to every practice. Other important items: shorts, a warm shirt, a light shirt, sunglasses, water bottle/carrier (avoid camelbacks because they restrict shoulder movement), snacks, long sleeve top (wool or polypro) clothes to change into (extra dry shirt, hat and socks are a must). Please make sure to have a backpack that can hold all of these items.

For those that choose to roller ski, cross country boots, a helmet, and cross country poles with carbide tips (preferably roller ski ferrules) will be needed.

For 2011-2012 registration forms visit
www.mbsef.org