



# 2012 Masters Programs

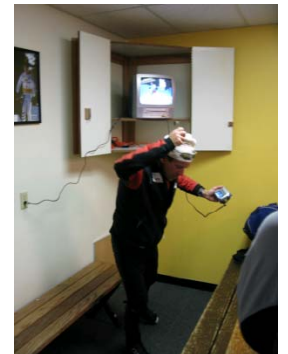
## Expert Coaching with Video Review

Whether you're looking to take on World Masters, Cascade Crest, Boulder, Nordeen, or to simply take your skiing to the next level, MBSEF Nordic Masters Programs can help get you there. With small focused groups, expert coaching, and indoor video review, you will raise your skiing to a new level.

Again this year is the MBSEF indoor video station where your coach can share videos of the best skiers in the world, of your skiing today, or of the skier you used to be.

### Coaching Staff:

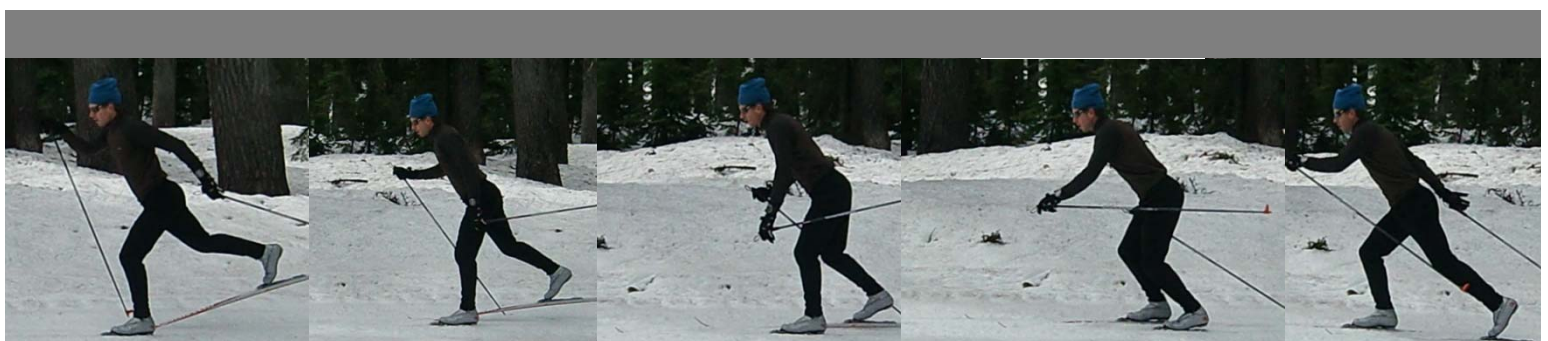
**Dan Simoneau**, MBSEF Nordic Program Director. In the mid 80's Dan was part of the skating revolution. He used skating for some of the US's best results ever, he wrote some of the earliest how to articles, and today he's passing on that experience to the biggest group of MBSEF skiers ever.



**Eric Martin**. As one of the fastest skiers in the west of any age, and a dedicated and long time high school coach, Eric brings a great perspective of experienced skier, successful coach, personal practice to the trail.

**Tim Gibbons**. As a former U.S. Olympic Committee sport physiologist and long-time ski coach, Tim Gibbons brings a quiet confidence to his coaching. With extensive coaching experience at all levels he communicates well and is loved by all his skiers.

**Anna Schulz**. Anna is a small town Vermonter at heart with great values, a love for skiing, and a constant smile. Anna was Captain of the Harvard ski team.





# Masters Programs & Dates

**Classic Skiing** – Refine your classic skiing. Coaches will work with you through a progression focusing on balance, body position, weight transfer and timing. This class will get you skiing your favorite groomed tracks with style and give you the skills and confidence needed for trying out a race or tour. Participants will also gain a basic understanding of the art of waxing. Wax-able skis or performance no-wax skis designed for track skiing are highly recommended. Participants should have some skiing experience to get the most out of this program. Mt. Bachelor trail pass is required. Coach Tim Gibbons.

Session 1 - \$150 - Wednesdays at 10am – Jan 11, 18, 25, Feb 1, 8, 15.

Session II - \$150 - Wednesdays at 10am – Feb 15, 22, 29, Mar 7, 14, 21

**Skating** - This all-encompassing 6 week program is designed for people who have a desire to further develop their skating abilities in a spirited environment and will finish in time for skiers to take on the 15KM or 25KM Cascade Crest. The program is designed to accommodate both new participants and returning skiers desiring to improve skiing efficiency. This class is coached by two time defending Cascade Crest Champion, Eric Martin. Mt. Bachelor trail pass is required.

Session I - \$150 - Tuesdays at 10am - Jan 10, 17, 24, 31, Feb 7, 14

Session II - \$150 - Thursdays at 10am - Feb 16, 23, Mar 1, 8, 15, 22

**Nordic Masters Early Morning Workouts** – 7:00am, 10 weeks, Tuesdays and Thursdays starting January 10 through March 15. Early Morning Work Outs at MBSEF’s training gym facility is the perfect complement to Nordic Skiing. Early morning ski specific strength and fitness sessions for citizen racers, masters, and fitness skiers. Participants will do an hour of strength and fitness work to develop the core, shoulder, arm, and leg strength needed to improve their skiing. Each session will be in the MBSEF Gym above the MBSEF office in town, just off Century Drive. These are sessions run by MBSEF coaches, and are not recommended for people needing medical supervision or who are just starting out on a fitness program. \$50 1 day/week, \$100 2 day/week.

