

North End Ski Club Presents

2017 -18 Masters Cross Country Ski Clinics

Take your cross country skiing to the next level. Seven sessions of technique, training, and coaching in both classic and skate skiing with CXC/USSA Certified Level 200 Coach Mike Mandli, Level 100 Coaches Chris McGrath, Cindi McGrath, and Jane Mandli. All fees will go directly to the North End Ski Club's trail fund.

NEW THIS YEAR On-snow sessions will be held at the North End Cabin at 12:00 PM on Thursdays. **The first session is on Thursday December 21, 12:00 PM, on the North End Ski Trails.**

2017-2018 Schedule

December 21, 2017 - 12:00 PM - North End Ski Trails - Dry Land Training, Goal Setting, and Making a Plan for the season. Bring your ski poles, running shoes, and workout clothes. Skis if we have snow. We may even have some man-made snow!

December 28, 2017 - 12:00 PM - North End Ski Trails - Think snow!
Everything you want to know about the double pole and V2. Skaters bring your skate equipment and classical skiers bring your kickers. Video feedback.

January 4, 2018 - 12:00 PM - North End Ski Trails - Skate Technique
How to fly and climb like a goat. V2 alternate and V1. Video feedback.

January 11, 2018 - 12:00 PM - North End Ski Trails - Classical Technique
Efficient diagonal stride and climbing hills. Video feedback.

January 18, 2018 - 12:00 PM - North End Ski Trails - Skate and Classical Technique
Downhill speed, turns, and transitions. Using the tracks and knowing when to jump out. Video feedback.

February 1, 2018 - 12:00 PM - North End Ski Trails - Skate and Classical Technique
Knowing when to switch gears and how to feel the snow. Video feedback.

February 8, 2018 - 12:00 PM - North End Ski Trails - Race strategy, imagery, and enjoying the process. Skills review and video feedback.

The sessions will be movement oriented with very little standing. Fundamental skill development will be based on individual needs and goals established during the first meeting in December. All levels of skier are welcome.

Fees for all seven sessions will be \$100.00 for non-club members and \$75.00 for club members. All money collected will directly support the North End Ski Club Trail Fund.

Confidential Participant Information

Name _____

Address _____

Phone _____

Email Address _____

Used only to contact you if plans need to be changed and to give you each session's syllabus for the week.

Do you have any medical conditions you would like us to know about? _____

Number of years skiing _____

Favorite Race _____

Favorite Place to Ski _____

What would you like to improve in you XC skiing? _____

What would be your most important xc ski goals this year?

Emergency contact information:

Name: _____

Contacts phone number: _____