



Alaska Nordic Racing
Anchorage
Junior Spring Training Group

Who is the ANR Junior Spring Training Group for?

The Junior Spring Training Group is for athletes seeking Nordic ski coaching during the spring. Anyone ages 11 and up are welcome to join!

What is the ANR Junior Spring Training Group?

A group of juniors dedicated to keeping themselves fit for Nordic skiing during the non-winter months. We will work on endurance base, specific strength, and overall fitness. We will talk about nutrition, healthy lifestyles, training logs, workout levels and heart rates, and personal goals. We will also, incorporate a time trial toward the end of May. The time trial will be used as a benchmark for the summer training (for those continuing in the summer).

When does the ANR Junior Spring Training Group meet?

The group meets about 3 times a week during the months of April and May while school is still in session. The first meeting will be March 30th 7:00p at Service High School (meet in the back of the high school by the ski trails). Bring skate skis/poles (bring rock skis or older skis that you won't ruin if you accidentally hit a rock/stick/gravel if you have them).

Where does the ANR Junior Spring Training Group meet?

The group will meet at several locations around Anchorage. Service high school, Kincaid chalet, Russian Jack chalet, and Bartlett high school are a few of the locations we will possibly meet.

What is the cost?

The cost is \$15 per session or \$300 for the entire spring session. Siblings are half price.

How do I sign up?

Each athlete will need to fill out a release of liability form and bring that with them to the practice. The forms are located on the Alaska Nordic Racing website at:

<http://www.alaskanordicracing.org>

You will also need to bring the payment with you at that time.

Who can I ask if I have questions?

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