



2009 Holiday Training Camp

- Who: Middle and high school skiers
Dates: Sun. Dec 27 to Wed. Dec 30
Times: 10:00am to 1:00pm (tentative)
Cost: \$80 (siblings are half price)

ANR is hosting a training camp over the holiday break. It's goal is to help skiers prepare for the rest of the racing season. The camp will also help skiers keep fit during the holiday break. Those skiers wanting to improve their skiing skill set should attend.

During the camp we will:

- work on technique (both classic and skate)
- incorporate intervals and speed work
- work on strength
- have a final time trial

The locations are yet to be determined but will most likely include Kincaid park and Beach Lake trails (Chugiak). The camp may also include Hillside park. Be sure to check the ANR web site regularly as weather may cause location changes:

www.alaskanordicracing.org

All skiers need to fill out the registration form and medical release form. These forms can be found on the ANR website.

For more information contact:

Ja Dorris
jdorris@alaska.net
440-9944