

Telluride Nordic Ski Club

The new Telluride Nordic program is for recreational and competitive cross country skiers in grades 3-12. Instruction will take place in both classic and skate techniques. No experience is necessary and cross country skiing equipment is available.

The Nordic development program is for kids who have been skiing for a few seasons, or who are new to Nordic skiing. Skiers will develop basic skills and fitness of both classic and skate techniques in a fun learning environment. Participants will be introduced to racing and will have the option to compete in regional race events. The club encourages kids from other sports to enroll so that athletes can maintain and improve their fitness throughout the winter months.

The Nordic race program will focus on improving the fundamental skills and fitness of both classic and skate ski techniques while preparing athletes of all ages for racing competition. Skiers will work on physical conditioning activities and technical knowledge to advance skill and fitness levels in a fun environment. The club will work with competitors in other sports to cross train during the winter months. Athletes are encouraged, but not required, to train for and participate in regional USSA Nordic Junior and other local race events.

WHEN: Tuesdays and Thursdays from December 12 through March 22, after school until 5:15 pm. Ski PE weeks included; holiday break weeks included.

WHERE: Skiers will be escorted from school to TSSC clubhouse at bottom of lift 7 to suit up. Group will walk to Valley Floor Nordic trails or be shuttled to other local Nordic trails for practice. Kids will return to clubhouse for pickup by 5:30 pm.

COST: \$250 for season (great introductory rate!)

