

Youth & Junior Programs

SUMMER TRAINING

[Click here for weekly training schedule & workout details](#)

Thanks (as always) to Captain Nordic for the photos!

[Click here for weekly training schedule & workout details](#)

2010 SUMMER TRAINING STARTS June 1st in Truckee & June 12th in Tahoe City

Junior Nordic Development Teams

The Auburn Ski Club's development teams are open to committed young ski racers. The Development Teams help young athletes take their skiing to the next level such as qualifying for the Far West Division's Junior Olympic Team.

The Development Team meets 2-3 times a week throughout the year and provides a fun, social environment to help young skiers achieve their skiing goals. Summer training makes athletes stronger for the next race season. Summer training includes roller skiing, ski walking, running, hill bounding and circuit training.

During the winter race season coaches continue to help junior athletes by guiding training and by providing race support. Winter training begins in December.

Truckee Group

age 12 or older (as of June 1).

Training Days are Mon 9-11am; Weds 9-11am, & Sat 9-noon this summer

Cost \$550 plus family membership.

Truckee SUMMER SIGN UPS - [Download here & mail in](#)

Tahoe City Group

Must be going into Middle school or older

Training Days are Mon 3-5m; Weds 3-5pm, & Sat 9-noon during the summer break

Cost \$295 plus athlete membership.

Tahoe City SUMMER SIGN UPS - [Download here & mail in](#)

[Click here for weekly training schedule & workout details](#)

Junior Nordic Competition Team

The Auburn Ski Club's Competition Team is open to Junior Olympic qualified athletes and High School athletes by invite from coaches

This team meets three to four times a week. Workouts focus on specific ski fitness for optimal performance in the race season.

2010 SUMMER TRAINING STARTS June 1st

Training Days are Tues, Thurs, Fri & Sun this summer

Cost \$800 plus family membership.

SUMMER SIGN UPS - Download here & mail in

Super Sliders

A youth cross country ski program for children ages 5-11

The Super Sliders meet and ski on most Saturdays from December through March. 10:30 - 12:30

2010-11 dates coming soon

Children are grouped by similar age and ability to maximize learning and fun. Skills are developed through playing games, adventures, and by exploring the trails. We have found that children are more likely to stick with our sport if the parents are involved, so we give free season trail passes to parents too!

This is not a typical ski school "drop off" type of program. The Super Sliders rely on everyone's help to make it so successful, and we require all parents to help in some way.

Cost to join the program remains at a bargain - just \$125 per child; plus family club membership.

Dues includes season trail passes for the family.

Or, if you are not sure you are ready to commit - come to any of our sessions before min Jan for a \$20 trial fee (for Slider

session, equipment & pass). The \$20 will be applied to your annual fees if you enroll.

Kids skis, boots and poles are available to lease for \$45 per season.

Stay tuned for 2010/2011 sign up forms

Be sure to keep us updated on email address changes & check the website for changes
Check the recording for last minute weather updates (530) 426 3313x 3 #4

Sonics Race Team

For aspiring ski racers ages 9-13 yrs old

Meeting: Saturdays (some Sundays) 10am-12:00 (Dec & March) The teams will be training on the same days as Super Sliders sessions, though may go & ski at other local ski areas.

Both Classic & Skating skills will be taught with the goal of mastering skills and becoming faster racers..... maybe even a Junior Olympian in a few years.

Classic and Skating skis boots and poles are available for lease: \$95 for the season.

Please see the Sliders reg forms for more details & to sign up

Sonic Race Team - ages 9-12 lead by Bill Aaron & Steve Miller: Cost \$200 + family club membership (Includes a complementary season trail passes for both parents).

Stay tuned for 2010/2011 sign up forms

High School Team / Club Support

Many Children are lucky to have the opportunity to ski race as a school sport. These young athletes benefit from the social interaction as well as school recognition and PE credits. The Auburn Ski Club offers a high quality low cost training venue to all school teams (athletes and coaches need only join the club to receive a free season pass).

Club staff offer advise and assistance in coaching, training, technique improvement and waxing. The Club also sponsors and hosts the All League and State Championships for Middle and High School Teams every year. If you are interested in helping start a team at your child's school please contact the Nordic staff at the training Center (530) 426 3313 for more information of HOW WE CAN HELP.

1-2-3 Ski Program

This unique elementary school program has been running for 14 years at the Club's Training Center.

Before their visit club staff visit the children in their classrooms to introduce them to the sport of cross country skiing and the equipment they will be using.

On the scheduled " ski day" children are outfitted with modern, quality ski equipment and are taught the basic skills of skiing by experienced Club instructors. As part of the educational experience children also learn about the history of the area with displays from The Western Skisport museum.

Since inception in 1994 we have introduce well over 20,000 kids to skiing!

We are currently looking for a sponsor to help run this program.