

Masters Training Schedule (Nordic)

Cross Country Masters Race Team

For The Strong Intermediate / Advanced Skier

For the recreational skier or citizen racer who wants to improve their efficiency, fitness and form whether they race competitively or recreationally. Sessions will alternate between classic and skating – so equipment needed for both.

Meets: Thursdays Interval & technique training: 8:00am-9:30am

First session is Thurs Dec 3rd - bring your paperwork & check if not already mailed in.

Saturdays Technique focus: 8:30am-10:00am 1st session is Sat Dec 5th (snow permitting).

Cost: \$450 for all sessions

Thurs Only \$350 Dec - late Feb

Sat Only \$300 Dec - early Feb

ASCA Membership & Season Trail pass required.

Coaches: Two of the Nation’s best! - Club Head Coach, Ben Grasseschi, Sally Jones (Spaces are limited. Sorry - no “drop ins” as this program fills.)