



## Avalon Nordic Ski Club

### Ski Team Program 2017/2018

**Note:** A Club Membership is required in order to participate in Programs

For more information on Avalon Nordic Programs, Please contact [Avalon.nordic@gmail.com](mailto:Avalon.nordic@gmail.com)

#### Ski Team Program Info

- Tuesday and Thursday 6pm to 7:30pm and 1 or 2 Sunday mornings per month.
- Year round training program available for those that are interested
- A fun group environment for skiers between the ages of 13 to 18.
- Ideal for skiers who are on the provincial team or would like join the provincial team in the next few years.
- Develop skill, ski technique and training initiatives congruent with the Train 2 Train and Learn to Compete component of the Long Term Athlete Development model.
- Exposes skiers to high performance skiing in a fun and motivating atmosphere
  
- Racing opportunities focus on local race series with travel to out of town events.

Summer program – Early May to end of August

Fall program – Early September to Middle of December

Winter program – Early January to End of March

Program fees are listed in our program guide - <http://www.avalonnordic.ca/documents/ANSCPrograms.pdf>

Registration Online at <https://zone4.ca/register.asp?id=16978>

