



## Avalon Nordic Ski Club

### Challenge Group 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)

#### Challenge group Program Info

- Tuesday and Thursday 6pm to 7:30pm and 1 or 2 Sunday mornings per month.
- A fun group environment for skiers between the ages of 12 to 18.
- Ideal for skiers who are beginning to explore competitive skiing, or who are primarily focused on skill and technique development
- Develop skill, ski technique and training initiatives congruent with the Train 2 Train 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 some opportunity for travel to out of town events.

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>



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