



Methow Valley Nordic

2009-10 Ski Technique and Fitness Classes

EIGHT DIFFERENT CLASSES THIS WINTER! MVNC is pleased to offer some new ski classes this winter in addition to our popular classes from last year. Join us for some great skiing, learning, and training! Skiing with a group and a coach is fun and enlightening, and will definitely help you improve. Following are some guidelines to help you select the appropriate class for you. All classes alternate each week between skating and classic style. Exact location and discipline (classic or skating) of each session will be announced by e-mail and at the previous class.

Please note: There are no classes for never-ever skiers. If you're a pure beginner, please take some lessons from Methow Valley Ski School at Sun Mountain or other locations.

BEGINNER and ADVANCED BEGINNER (separate classes)

Thursdays 9:30 to 11:00 AM FULL—waitlist only

For skate: You should be able to snowplow down gentle hills, herringbone uphill, ski without poles, and be able to V1 on any terrain. For classic: Know how to herringbone uphill, snowplow downhill, stride up slight inclines without slipping backwards, balance on one ski at a time, be able to double pole.

INTERMEDIATE

Wednesdays 3 to 4:30PM OR Saturdays 9 to 10:30 AM FULL—waitlist only

Skate: Be able to use all three techniques (V1, V2, V2 alternate) and know when to use each, change techniques easily, skate without poles, V2 up gentle inclines. Classic: Be able to double pole and kick double pole, stride steeper hills with no slipping, corner with some speed.

ADVANCED INTERMEDIATE

Wednesdays 3 to 4:30 PM OR Saturdays 9 to 10:30 AM

Skate: Be able to V2 up steeper inclines, skate uphill no poles, negotiate corners with speed, vary technique frequently and easily. Classic: Be able to ski with long strides, double pole uphill.

TECHNIQUE AND FITNESS TRAINING

Tuesdays 9:30 to 11:00AM FULL—waitlist only

This class, new by popular demand, is for advanced intermediate skiers who wish to improve their fitness and ski technique. The class will be taught by Leslie Hall and Scott Johnston, who are talented technicians as well as being versed in effective training for strength, power, and muscular endurance.

Each weekly class will focus on improving technique on varied and challenging terrain, and the small size of the group will ensure that each skier receives personal attention. Each week will also include hard intervals specifically designed to increase fitness levels. The coaches will explain training heart rate levels, discuss the use of heart rate monitors, and assist the skiers to understand how to train more effectively. This class will be less demanding than Fitness and Race Training. Heart rate monitor required.

FITNESS AND RACE TRAINING

Tuesdays 1 to 3 PM FULL

Be able to ski at Advanced Intermediate level in skating and classic. Emphasis is on interval training with some technique coaching. Coach Laura McCabe will work with the group to improve skiing fitness and skills. The group will be fun, inspiring, informative and intense. It is not only to prepare for racing although that is certainly an important benefit for many.

The first 35 to 40 minutes will focus on technique and the rest of the 2 hours will focus on conditioning through short and long intervals, and an occasional time trial. The emphasis is on interval training with good technique. If you are primarily interested in improving technique, or want to spend less time and effort in intervals, then the other classes above are a better choice. Laura will talk to the whole group and circulate among us to provide individual guidance, but participants should not expect a great deal of one-on-one attention in any given session. Over the many weeks, however, you will get a lot of personalized help, and a second coach will be added as needed. Workout plans will typically take into account upcoming races.

There will be 15 weekly sessions this year, a record! Sessions start 12/1/09 and end 3/16/10. There will not be a session 12/22. In case of insufficient snow, training will be continuation of fall dryland training, mostly ski striding with poles. Heart rate monitor required.

Details

All midweek classes except Fitness and Race Training start the week of December 14 and will continue through the week of February 22 (11 sessions). Fitness and Race Training will start December 1 and end March 16 (15 sessions). The Saturday morning Intermediate and Advanced Intermediate classes will have 8 sessions, starting December 26 and skipping MLK and Presidents weekends. Cost for all classes is \$110, except 8-week Saturday morning classes, \$80. All classes have a required minimum number of sign-ups to run. **YOU MUST BE A MEMBER OF METHOW VALLEY NORDIC CLUB TO PARTICIPATE.**

For more info: Midge Cross at 509-996-8080 or sandm@methownet.com; or Scott Waichler at 509-996-8260, scott@methownet.com for Fitness and Race Training.

Happy Skiing!



2009-10 Ski Technique and Fitness Classes Registration Form

To participate you **must** be a member of Methow Valley Nordic Club (\$25 individual, \$40 family), and have a MVSTA trail pass. You may download a MVNC membership form at http://www.mvnordic.com/membership_form.pdf. Classes will have no more than 9 skiers per coach, except Fitness and Race Training, which will have no more than 15 per coach. **Early registration encouraged.**

Name _____

Email _____ (required)

Address _____

Phone: _____

Are you a current MV Nordic member (have you renewed your membership for 2009-10? The membership year starts September 1st.)

Yes No [if no, please add \$25 (individual) or \$40 (family) membership dues to your registration]

Beginner \$110 (Thursday, 11 weeks) FULL—waitlist only

Advanced Beginner \$110 (Thursday, 11 weeks) FULL—waitlist only

Intermediate \$110 (Wednesday, 11 weeks)

Intermediate \$80 (Saturday, 8 weeks)

Advanced Intermediate \$110 (Wednesday, 11 weeks)

Advanced Intermediate \$80 (Saturday, 8 weeks)

Technique and Fitness Training \$110 (Tuesday, 11 weeks) FULL—waitlist only

Fitness and Race Training \$110 (Tuesday, 15 weeks) FULL—waitlist only

Mail registration form and check payable to Methow Valley Nordic to:

**MV Nordic
PO Box 391
Winthrop, WA 98862**