



Methow Valley Nordic 2011-12 Classes and Clinics

Come on out and ski with a friendly group every week! The Methow Valley has classes and clinics that help you grow as a skier and enjoy our sport to the max. Skiing with a group and a coach is fun and enlightening, and will definitely help you improve. Three sections below describe 1) MVN weekly classes, 2) MVN 2-day clinic, and 3) MVSS weekly classes. Classes will alternate skating and classic techniques. Exact location and discipline (classic or skating) of each session will be announced by e-mail and at the previous class.

You must be a current member of the Methow Valley Nordic Club to register for all classes and clinics. If you haven't yet renewed your membership for 2011-2012, please send an additional \$25 (individual) or \$40 (family) membership fee. (Membership renewals are in September.)

BEGINNER (with Libby Hillis) and ADVANCED BEGINNER (with Midge Cross) Wednesdays 9:30 to 11:00 am

For skate: You should be able to snowplow down gentle hills, herringbone uphill, ski without poles, and be able to V1.

For classic: Know how to herringbone uphill, snowplow downhill, stride up slight inclines, balance on one ski at a time, be able to double pole.

INTERMEDIATE (various coaches)

Wednesdays 3 to 4:30 pm or Saturdays 9 to 10:30 am

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 (various coaches)

Mondays 2 to 3:30 pm

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.

Please be sure you really are an "advanced" intermediate

TECHNIQUE AND FITNESS TRAINING (with Leslie Hall)

Tuesdays 1 to 2:30 PM

Be able to ski at Advanced Intermediate level in skating and classic. Emphasis is on improving technique with some brisk intervals each week. This class will be less demanding than Fitness and Race Training. Heart rate monitor required.

FITNESS AND RACE TRAINING (with Laura McCabe)

Wednesdays 1 to 3 PM

Be able to ski Advanced Intermediate level in skating and classic. Emphasis is on interval training with some technique coaching. The first 35 to 40 minutes will focus on technique and the remaining of the 1 ½ hours will focus on conditioning through short and long intervals, and an occasional time trial. Heart rate monitor required.

More Details on MVN Weekly Classes

Most weekly classes begin the week of January 2, 2012, meet for 10 weeks (through the week of March 7), and cost \$125.

The exceptions are:

The Saturday Intermediate class begins January 14, meets 8 times (skipping February 18), and costs \$100.

The Fitness and Race Training class starts November 30 and ends March 14, skipping December 21 and 28 (14 sessions—a record number!).

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.

2012 Annual MVNC Members Clinic

January 7-8, 2012, 9 am to 3 pm both days

Our weekend ski camp for members is a great way to get lots of coaching in a short period of time! The Mazama Community Center (junction of Lost River Road and Goat Creek Road in Mazama) will be our base of operations. There is room to stash your gear and a fridge for storing extra snacks, etc.

Camp fee of \$145 includes lunch both days. Fee does not include a trail pass, which you must purchase separately. Passes are available at the Mazama Store, as well as at Winthrop Mountain Sports in Winthrop. Please purchase your pass prior to clinic start time.

Note: We will skate one day and classic the other. **BRING BOTH SETS OF GEAR** on Saturday, as we will decide which technique to use according to weather and snow conditions. Questions? Call Midge Cross at 509-996-8080.

Methow Valley Ski School Weekly Classes

We've partnered with Don Portman and the Methow Valley Ski School (<http://www.methownet.com/skischool/>, 509-996-2451) to offer 3 additional classes this year!

First Timers

Saturdays 2:30 to 4 pm

For new skiers. 6 sessions, January 8 to February 12. \$75. Equipment can be rented from MVSS for the duration of the class at a reduced price.

Seniors

Thursdays 1 to 2:30 pm

Instruction and social ski with refreshment at each session's end. 6 sessions, January 5 to February 16. \$75. Equipment can be rented from MVSS for the duration of the class at a reduced price.

Ski Team Parents

Tuesdays and Thursdays after school

Parents, improve your skiing while your kids are at practice! The first session (date TBA) is free including gear. After that it will start as a 6 week program with the possibility of additional sessions. It will meet at the same time and place as Methow Valley Nordic Team practice on Tuesdays and Thursdays. \$120. Some scholarships are available from Methow Valley Ski School. Special rental rates will also apply. More information to come.

For more information about the MVSS weekly classes, please contact Midge Cross (509-996-8260) or Don Portman (509-996-2451).

Happy Skiing!



2011-12 Classes and Clinics Registration Form

To participate in any class or clinic below you **must** be a current member of Methow Valley Nordic Club, and have a MVSTA trail pass. **Early registration is encouraged.**

Name _____

Email _____ (required)

Address _____

Phone: _____

Are you a current MV Nordic member (have you renewed your membership for 2011-12? The membership year starts September 1st.)

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

Please indicate your skiing ability:

Skate Never_____ Beginner_____ Intermediate_____ Advanced_____

Classic Never_____ Beginner_____ Intermediate_____ Advanced*_____

*You must be on waxable skis to register for Advanced Classic at the Members Clinic

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|---|---|
| <input type="checkbox"/> Beginner \$125 | <input type="checkbox"/> Technique and Fitness Training \$125 |
| <input type="checkbox"/> Advanced Beginner \$125 | <input type="checkbox"/> Fitness and Race Training \$125 |
| <input type="checkbox"/> Intermediate \$125 | <input type="checkbox"/> Members Clinic January 7-8, 2012 \$145 |
| <input type="checkbox"/> Saturdays Intermediate \$100 | |
| <input type="checkbox"/> Advanced Intermediate \$125 | |
| <input type="checkbox"/> First Timers \$75 | |
| <input type="checkbox"/> Seniors \$75 | |
| <input type="checkbox"/> Ski Team Parents \$120 | |

Mail registration form and check payable (sorry, no credit cards) to Methow Valley Nordic to:

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