

## Methow Valley Nordic Club 2007-08 Masters Ski Training Sessions



**What is it** It's that time of the year again to sign up for master ski training. This will be a group of skiers interested in training together in order to improve their skiing abilities and physical conditioning. Training with others is not only fun but improves your performance too. You don't have to be racing this season but it will certainly help prepare you for that. This year we have a very enthusiastic group that will head for the Masters World Cup in almost-neighboring McCall, ID. Some of our group attended National Masters in Bend, OR last spring. See the [Methow Masters](#) web page for more information on masters skiing.

### 2007 NATIONAL MASTERS



**Who will do it** You must be at least a strong intermediate skier. If we get a lot of interest, we may get a second coach and split up by ability level. The sessions will be fun, inspiring, informative and intense. Laura McCabe will be our primary coach.

**When/where** The sessions will be on Tuesday, 1:30 to 3:00 pm. There will be 11 weekly sessions, from 12/4/07 to 2/26/08, except Christmas Day and New Year's Day. We will alternate each week between skating and classic technique. The first 35 to 40 minutes will focus on technique and the rest of the time will focus on conditioning using various kinds of intervals. If snow is insufficient in early December, sessions will be dryland training, probably ski-walking. Training locations will be announced by email and will be the same place that the Junior Team is practicing that day.

**How** You must already be a member of [Methow Valley Nordic Club](#) (individuals \$25, family \$40) and have an [MVSTA ski pass](#). The cost of the sessions is \$80 and includes coaching and an end-of-season celebration luncheon at Sun Mountain Lodge. All payments should be to "Methow Valley Nordic" and sent to Jim Gregg, 18599 Hwy 20, Winthrop, WA 98862.