

Hello, team and prospective team members,

Winter Session General Training Schedule (September 19th-April 16th):

Until we have snow to ski on:

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM	Off					8am-? (Comp/Devo)	9am-? (Comp Only)
PM	Off	3-5pm (Comp/Devo)	3-5pm (Comp Only)	Occasionally a bonus session held here.	(OYO)		

Once we have snow to ski on:

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM				Rest Day		8:30-10am (Comp) 10am-noon (Devo Only) At ASC	9am-? (Comp Only)
PM		~2:30-5:45pm (Comp/Devo)	2:30-5:45pm (Comp Only)	Occasionally a bonus session held here.			

*Actual training times may vary.

Practices, Training, and Logistics:

- Locations:

Practices are held in various venues in the Tahoe area and Sierra Foothill regions. We often do pick-ups and drop-offs for carpooling and transport in the team van at Truckee High School or North Tahoe High School. Once snow is on the ground the majority of trainings will be hosted at the ASC Training Center, but we also travel to other locations and ski areas to keep training interesting and challenging.

- Communications:

The weekly training schedule is sent out via email to the team mailing list.

FAQ: Why no “fall only” or “winter only” option?

We know that many athletes disperse to all of their other activities in the fall for high school and middle school running, soccer, swimming, music, and basket weaving; but we want you to continue on your path to being better skiers (and also to keep your coaches from going hungry between summer training and when the snow falls). Our program has athletes who are dedicated to sport-specific training, year-round, so we need to staff coaches for fall training as well. We encourage you all to participate in your other sports and commitments (it’s what makes you good athletes and good, well-rounded people), but we want you to keep one foot in Nordic at the same time (even if it’s only the occasional hike/rollerski/or camp through the fall). You will be better skiers for it.

Racing and Team Philosophy:

The ASC Training Center Comp and Devo Junior Race Teams believe that the benefits of skiing, training and racing foster young athletes to success on and off of the ski trails. We aim to provide a supportive environment for young athletes to accomplish their goals, live active and healthy lifestyles, and chase their competitive Nordic skiing aspirations. Our staff of caring, qualified coaches aims to guide our athletes toward their individual and collective “team” goals.

Year-round participation is not required to join and participate, as we believe that nordic skiing and training is a positive part of any young athlete’s busy lifestyle, but we do ask team members to set high, but achievable goals based on each athlete’s commitment to sport-specific preparation. Please communicate your skiing and racing goals with your coaches. We hope that our positive and nurturing environment leads to a love of the active lifestyle for years to come.

Uniforms:

Race suits and jackets are not mandatory, but are highly encouraged. Please Fill out your sizing info [here](#).

We are placing any supplemental uniform orders on October 1st to have suits ready for our first ski trip in November; don’t delay or you may not get one.

Have Questions? Contact Head Nordic Coach Gus Johnson
(gjohnson@assoc.auburnskiclub.org)

