



2022 Peak Nordic High School Summer Training



Open to all **returning** Peak Nordic skiers who will be **entering grades 9-12**

So many opportunities!! – with **FOUR** Collegiate Athlete Coaches – all
Peak Nordic Alumni!

MAY — Training with **Izzy Seay (Colby)**

- Wednesday May 18. Meet at Wales Trailhead 6-7:30
- Saturday May 21st Location TBA 8-10am
- Monday May 23rd Wales Trailhead 6-7:30
- Wednesday May 25th Wales Trailhead 6-7:30

JUNE 13-17 — Pre-Camp Tune-up with **Drake Hacker (St. Scholastica)**

- 5 – 6:30 Meet at Wales Bike Trailhead. Get ready to train with technique, strength, easy volume and bounding!

SUMMER CAMPS with **Conner Nilsen (Western Colorado University)** and **Tom Olenchek (University of Minnesota)**

- **Camp 1 June 20-24**
 - Monday – Thursday 6-8pm Wales Trailhead
 - Friday 6-8 Lapham Peak
- **Camp 2 August 1-5**
 - Monday – Thursday 6-8pm Wales Trailhead
 - Friday 6-8 Lapham Peak

TRAINING – 5 weeks with your very own Peak Nordic Coaches

- between Camps 1 and Camp 2 (June 27 to July 28)
 - Monday – Wednesday 6-7:30 Wales Bike Trailhead
 - Thursday - Lapham Peak 6-7:30

PTERODACTYL PTCAMPOUT - August 7-8 at Pinewoods Campground

EQUIPMENT: Helmet and reflective vest or shirt required for all practices except strength workouts. You will **NOT** practice without a helmet and reflective gear. Skiers need both skate and classic rollerskis and poles with ferrules.

HOW TO SIGN UP:

Cost for summer training is \$100. <https://go.teamsnap.com/forms/313247> Register online **BEFORE YOU COME TO PRACTICE – link open through June 20th**