

2017 Nordic PPP Prep Skate Clinics

05/07/2017

05/14/2017

Description Fine tune your PPP Nordic skate skills. The Pole Pedal Paddle is coming up, and the MBSEF Nordic Staff will be offering skate clinics to help you take minutes off your time of what is often thought to be the most important leg of the PPP. Coaching will be led by Dan Simoneau, 3 time PPP Champion, 3 time US Olympian, and Nordic Program Director at MBSEF.



These clinics will focus on body position, timing, balance, strength, and tactics. Sessions will last 1.5 to 2 hours. These are clinics to improve your skating. If you have not skated before contact the Mt. Bachelor Nordic Center for a learn to ski lesson. They are better trained to help new skaters.

Cost is \$25 per one day session. You need to have a Mt. Bachelor trail pass, season pass, or spring pass. Meet in front of the trail map outside the Nordic Center.