



## 2022-2023 Nordic Middle School Fall Conditioning Program

Ages 11-14 - Grade 6,7,8

The Nordic Middle School Fall Conditioning Program is for motivated athletes ages 11-14 preparing for the Nordic season. MBSEF will also welcome non-skiers who are looking for improved fitness and outdoor experiences.

### **TRAINING SCHEDULE:**

Participants can choose one, two or three day options, Wednesday, Friday, Saturday. For flexibility purposes, Activities will include strength training, core training, hiking, running, ski bounding, games, and even roller skiing. Visit [mbsef.org](http://mbsef.org) Nordic home page for a complete training schedule.

### **Program Dates: September 7 - November 18**

**11 Weeks  
Wednesday/Friday/Saturday  
Dryland Training**

**Athletes meet at MBSEF for training days.**

### **COST:**

1 Day/Week \$185 - 2 Day/Week \$290 - 3 Day/Week \$390

### **EQUIPMENT:**

Please come to practice prepared to play in the woods in the varied and frequently changing local weather. Participants should bring running shoes, a thin hat, lightweight gloves, water, and a wind/water resistant jacket and pants to every practice. Other important items: shorts, a warm shirt, a light shirt, sunglasses, water bottle/carrier (avoid camelbacks because they restrict shoulder movement), snacks, long sleeve top (wool or polypro) clothes to change into (extra dry shirt, hat and socks are a must). Please make sure to have a backpack that can hold all of these items.

For those that choose to roller ski, cross country boots, a helmet, and cross country poles with carbide tips (preferably roller ski ferrules) will be needed.

**For 2022-2023 registration forms visit**

**[mbsef.org](http://mbsef.org)**