



2023-2024 Nordic Fall Training Program

Ages 13-22

The Nordic Fall Training program is designed to prepare Nordic skiers age 13 to 22 for the upcoming ski season. Whether skiers want improve on last year's results or continue building a base from a summer of training, or prepare for the upcoming High School season, the fall training program will most certainly pave a smooth transition onto the snowy trails. Using diverse training tools and varied terrain, the program strives to provide a well-rounded approach to ski specific fitness.

This program is the perfect preparation for skiers enrolling in the High School/Winter Term Nordic program. Highly motivated Middle School Skiers can participate in this program with coach approval.

For skiers in fall sports, MBSEF coaches will work with the skier to create a custom fall program to supplement their fall sports activity.

Program Dates: September 19 - November 17, 2023

Tuesday/Wednesday/Thursday/Friday

3:15pm

MBSEF

Saturday

8:30am

MBSEF

Meeting Location: The fall training group meets at the MBSEF office before heading out to dryland training.

Cost: \$540 (Included for Full Time winter athletes)

Equipment: Participants need training clothing for fall conditions. A water carrying device, running shoes and a bicycle helmet are other necessities. The Foundation will provide roller skis if needed. Athletes in the Fall Training program will be allowed to store their training equipment at MBSEF. We will be roller skiing 2-3 days a week. If you are new to roller skiing, the coaching staff will help make your transition to roller skiing a smooth one.

For 2023-2024 registration forms visit
mbsef.org