



## 2023-2024 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 or two day options, Wednesdays and Fridays. For flexibility purposes, activities will include strength training, core training, hiking, mountain biking, running, ski bounding, games, roller skiing.

**Program Dates: September 13 - November 17**

**10 Weeks  
Wednesday/Friday  
Dryland Training**

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

### **COST:**

1 Day/Week \$225 - 2 Day/Week \$325

### **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 2023-2024 registration forms visit**

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