



2024-2025 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 Saturdays. For flexibility purposes, activities will include strength training, core training, hiking, mountain biking, running, ski bounding, games, roller skiing.

Program Dates: September 18 - November 16

**10 Weeks
Wednesday/Saturday
Dryland Training**

Athletes meet at MBSEF Bill Healy Training Facility for training days.

COST:

1 Day/Week \$240 - 2 Day/Week \$350

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 2024-2025 registration forms visit

mbsef.org