2026-2027 Nordic Competition Team
Fall Training Program Ages 14-20

The Nordic Fall Competition Team Training program is designed to prepare Nordic skiers age 14 to 20 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 Nordic Competition Team program. Highly motivated younger 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 15 - November 20, 2026

Tuesday/Wednesday/Thursday/Friday
3:15pm at MBSEF
Tuesday/Thursday strength (gym)
6:30-8:30am at MBSEF

Saturday
8:30am
MBSEF

Meeting Location: The fall training group meets at the MBSEF Bill Healy Training Facility before heading out to dryland training.

Nordic Competition Team athletes can choose to include Fall Training with their 6 day/week winter training, or not, depending on their school sports schedules.

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 2026-2027 online registration visit

mbsef.org