

Vasa Ski Club

Training Programs: Elite and Recreational

Registration Deadline is **May 1, 2011

**In order to register for a program you must be a member of the Vasa Ski Club

**Questions? Comments? Contact Cassidy Edwards at edwards.cassidy@gmail.com or Eli Brown at elitimothybrown@gmail.com

Junior Elite Training Program

SUMMER:

May 1st-September 30

Cost: \$800

Program Structure

***Year round I-Log coaching and assistance included**

May:

*We will not hold any official group training sessions during this month, however, there may be some unofficial sessions held.

Meetings with individual athletes

Spring Training Camp May 13, 14, 15 (details to be confirmed at a later date)

June-August

*Training sessions will meet three days per week, and please note that days and times are subject to change

Tuesday pm Double Pole

Thursday 9am Technique work, speed, strength

Sunday 9am Endurance and Technique

Summer Camp August 5, 6, 7 (details to be confirmed at a later date)

September

*One Group Training Session per Week

Thursday 5pm

WINTER:

October 1- March 31

Cost \$800

Program Structure

***Year round I-Log coaching and assistance included**

October-December *please note, this schedule will change depending on first snowfall.

*Two Group Training Sessions per Week

Tuesday 4pm Technique work, speed, strength

Thursday 4pm Endurance and Technique

Meetings with individual athletes will be held in October

Fall Camp November 11, 12, 13 (Details to be confirmed at a later date)

Christmas Training Camp @ Boyne Valley Lodge (fee not included)

January-February

*Three Group Training Sessions per Week

Tuesday 4pm Short speed

Wednesday 6pm Intervals

Thursday 4pm Technique and Recovery

March

Workouts will start to taper for JO's

End of year Meetings will be held with each athlete after JO's

****If you register for both summer and winter programs by May 1st cost drops to \$1500**

Master Elite Training Program

SUMMER:

May 1st-September 30

Cost: \$800

Program Structure

***Year round I-Log coaching and assistance included**

May:

*We will not hold any official group training sessions during this month

Meetings with individual athletes

Spring Training Camp May 13, 14, 15 (detail to be confirmed at a later date)

June-August

*Training sessions will meet two days (or three) per week, and please note that days and time are subject to change

Tuesday pm Double Pole

Thursday 9am Technique work, speed, strength

Sunday 9am Endurance and Technique

Summer Camp August 5,6, 7(details to be confirmed at a later date)

September

*One Group Training Session per Week

Thursday 5pm

WINTER:

October 1- March 31

Cost \$800

Program Structure

***Year round I-Log coaching and assistance included**

October-December

**Two Group Training Sessions per Week

Tuesday 6pm Technique work, speed, strength

Thursday 6pm Endurance and Technique

Meetings with individual athletes in October

Fall Camp November 11, 12, 13(Details to be confirmed at a later date)

Christmas Training Camp @ Boyne Valley Lodge (fee not included)

January-February

*Three Group Training Sessions per Week

Tuesday 6pm Short Speed/Drills

Wednesday 6pm Intervals

Thursday 6pm Technique and Recovery

March

End of year Meetings will be held with each athlete

****If you register for both summer and winter programs by May 1 cost drops to \$1500 total.**

Recreational skier/Part time Racer?

Even though we will not be offering a Recreational Team does not mean you cannot get coaching and support all year round. Both Cassidy and Eli will be available for individual or small group instruction during the summer and winter. We will work with you to help you accomplish your fitness and race goals! The cost is \$45/hour for an individual or \$60 for two people. Email Cassidy Edwards at edwards.cassidy@gmail.com or elitimothybrown@gmail.com to set up a lesson today!

2011-2012 Vasa Ski Club Elite Program Registration Form

Please Check Appropriate Program:

**Please note you must be a member of the Vasa Ski Club to register for the Elite Program!*

Send Registration form and check (payable to Vasa Ski Club) to:

Cassidy Edwards
475 E Sugar Bay Lane
Cedar, MI 49621

____ **JR Elite Summer**, May 1st-September 30th ____ **Master Elite Summer**, May 1st-September 30th

Cost \$800

Cost \$800

____ **JR ELITE Winter**, October 1st-March 31st

____ **Master Elite Winter**, October 1st-March 31st

Cost \$800

Cost \$800

____ **JR Elite Summer and Winter**

____ **Master Elite Summer and Winter**

\$1500

Cost \$1500

First name _____ Last name _____

Address _____

City _____ State/Province ____|____| Zip ____|____|____|____|

Telephone ____|____|____|____|____|____|____|____|____|____|

E-mail _____

Birth Date ____|____|____| Sex: M F

Emergency Contact

Name _____

Address _____

Phone Number _____

ATHLETE'S RELEASE: I, the undersigned, know that Alpine and Nordic skiing are action sports carrying significant risk of personal injury. Racing, jumping, or freestyle competition are even more dangerous. I know that there are natural and man-made obstacles or hazards, surface and environmental conditions and risks which in combination with my actions can cause very severe or occasionally fatal injury. I agree that I, and not the Vasa Ski Club, am totally responsible for my safety while I participate in or train for this program. (Parental signature for applicants under 18.)

Signature _____ Date _____