

Midwest Nordic Rendezvous



When: January 4-6, 2019
Guest Instructor: Emily Lovett

Where: Timber Ridge Resort
Traverse City, MI 49686

Join us for the third annual Midwest Nordic Rendezvous with our guest instructor Emily Lovett from Steamboat Springs, Colorado! The Nordic Specialist for the PSIA National Team, Co-Organizer for West Yellowstone Ski Festival Camp & other Nordic clinics/ camps. Come and improve your own skiing skills, whether you're intermediate or advanced. Find the right clinic for your skill level. Now with a video movement analysis clinic; space limited, sign up early! Additional clinics will be for High school skiers, youth and women clinics, as well as a the ability to become a Level 1 PSIA Instructor, Children's Specialist Certificate, and/or receive PSIA credit. Saturday evening will be a social gathering with a presentation from Emily. Come and enjoy this special event and develop your skiing skills for the upcoming winter season!

Schedule of Clinics & Events

(all clinic fees include trail pass but not equipment rental)

Friday, January 4 – High School Nordic & SheSki Clinics

- 4:00pm - 6:00 pm All Area High School Skiers (classic & skate) Free
- 6:15pm - 8:15 pm SheSki (women only) Dryland Clinic - \$10 (light appetizers provided/BYOB)

Saturday, January 5 - Youth & Adult Clinics

- 8:30am – 9:45am Intermediate Classic Clinic - \$30
- 10:00am – 11:15am Intermediate Skate Clinic - \$30
- 12:15pm - 1:00 pm Women Classic Clinic - \$25
- 1:15pm – 2:00 pm Women Skate Clinic - \$25
- 2:30pm – 3:30pm Coaches Classic Clinic (donation)
- 3:45pm – 4:45pm Coaches Skate Clinic (donation)

Saturday evening, January 5 - Skier Social and Presentation by Emily

- 5:00 – 7:00 pm light meal and drinks provided. BYOB

Sunday, January 6 - Technique Clinics

- 8:30am - 10:30am Advanced/Masters Classic with video analysis - \$40
- 11:00am – 1:00pm Advanced/Masters Skate with video analysis - \$40
- 2:00pm - 3:15pm Advanced Classic - \$30
- 3:30pm – 4:45pm Advanced Skate - \$30

Name: _____ Phone: _____

E-mail: _____ TOTAL FEES: _____

Check the box for clinic choice(s). Early Registration is recommended.

Make checks payable to Vasa Ski Club & mail to Ella, c/o Timber Ridge, 4050 Hammond Rd., TC 49686

Please check e-mail frequently for possible schedule changes and current ski conditions.

This event is open for PSIA continuing education credit taken as a Workshop; must register through PSIA-C

For further information email: amy68fly@yahoo.com