



## MNSC Junior Nordic Training 2015

Want to get involved in **cross country skiing**?

Melbourne Nordic Ski Club Junior Training program is aimed at kids from 11-18 years old. Cross country skiing is a fun way to build fitness during both the summer and winter months!

Summer training activities include Roller skiing that mimics cross country skiing, hill bounding and circuit activities that focus on improving fitness, strength and coordination.

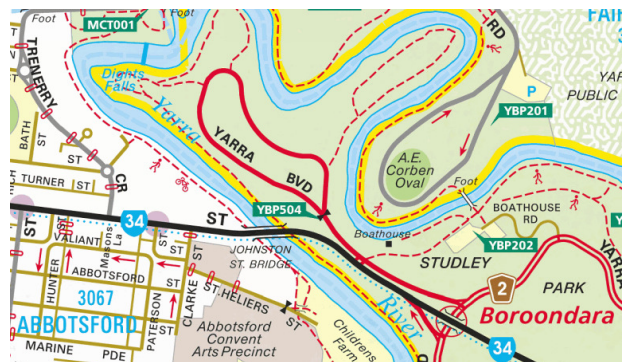
### Overview:

The program starts Sunday May 10<sup>th</sup> May 2015,  
Yarra Blvd Loop, Yarra Bend Park  
Melways REF MAP 2D D8.

The Sessions will go from 10 until 11:30am. There are 8 sessions planned before the winter season begins!

### On Snow Training:

Future on snow training sessions will be announced at a later date.



Dates:	Costs:	Contact & Signup
May 10 <sup>th</sup> - Introduction and Ski Striding May 17 <sup>th</sup> - Ski Striding And Strength May 24 <sup>th</sup> - Rolling Session May 31 <sup>st</sup> - Ski Striding And Strength June 7 <sup>th</sup> - Rolling Session June 14 <sup>th</sup> - Ski Striding And Strength June 21 <sup>st</sup> - Rolling Session June 28 <sup>th</sup> - Lake Mountain Snow Day	Program cost \$100 - Club T-Shirt - Club Membership - Coaching Sessions  Rollers hire: TBA	Robbie Catto-Smith  e-mail: <a href="mailto:cattosmith@gmail.com">cattosmith@gmail.com</a> phone: 0422 804 279

Bring Roller Skis, Skikes or Roller Blades. All participants must wear a bicycle helmet and gloves.

Online registration: [www.melbourne-nordic.org.au/junior.php](http://www.melbourne-nordic.org.au/junior.php) Further questions: [cattosmith@gmail.com](mailto:cattosmith@gmail.com)

