



MWSC Maine High School Nordic Festival December 27th-30th, 2007

Attention Maine high school ski coaches! Please join us in Fort Kent at the 10th Mountain Ski Center (<http://www.10thmtskiclub.org/>) for some early season ski training with your teams over winter break. We will offer the following sessions to supplement your team's training schedule:

December 27th

6pm - Pasta feed (\$5 per person) with a talk by 1992 Olympian and Maine Winter Sports Center coach John Farra.

December 28th

10am-12pm – Learn to shoot with biathlon relays.

4pm-6pm – *Night Sprints*: classic sprint time trial. Qualifying rounds start at 4pm. Elimination heats start at 5pm.

December 29th

9am – Classic technique session.

1pm-4pm – MWSC coaches available to work with individual teams by appointment.

7:30pm – Movie night at the Lodge and coaches' social in Fort Kent (location TBD).

December 30th

10am -10th Mountain citizens race 5km freestyle.

Please contact Eileen Carey at Maine Winter Sports Center with questions:

eileen@mainewsc.org or (207)227-4114

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www.mainewsc.org