



**MWSC Youth Training Day  
Nordic Heritage Sport Club  
August 11, 2007 ~1pm-5pm**

**Who?** All levels of skiers (beginners welcome!) who are entering 4<sup>th</sup>-7<sup>th</sup> grades

**What?** Intro to ski training camp

**Where?** Nordic Heritage Sport Club in Presque Isle. Pick-up available from Fort Kent. Contact Eileen Carey at 227-4114 to reserve space.

**When?** Saturday August 11, 2007 from 1pm-5pm

**Cost?** Free!

**Schedule:**

11:45am ~ Athlete pick-up in Fort Kent

1:00pm ~ Athlete arrival at Nordic Heritage Center in Presque Isle

1:30pm ~ Warm-up game and stretching

2:00pm ~ Physical fitness tests

2:30pm ~ Snack break. We will provide some healthy snacks.

3:00pm ~ Intro to rollerskiing and relay race

~Intro to biathlon and biathlon relay race

4:15pm ~ Game

5:00pm ~ Athlete Pick-up at Nordic Heritage

6:15pm ~ Athlete pick-up in Fort Kent

**What do I bring?**

Wear comfortable workout clothes and sneakers

Bike helmet

Water bottle

Ski boots if you have them (we will provide them if not)

Signed medical release form

**For more information:**

Contact Eileen Carey at [eileen@mainewsc.org](mailto:eileen@mainewsc.org) or 227-4114

**SKI4LIFE**