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## *Training for Success Summer Camp*

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Come join the coach of Maine's newest college ski program, Petr Jakl, University of Maine Presque Isle head coach, to get a jump-start on your ski season with other high school skiers from around the state.

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**PLACE:** Pineland Farms, New Gloucester, ME

**DATE:** Aug 1 – 3, 2008

**COACHING:** Petr Jakl, Head Nordic coach at University of Maine Presque Isle and MWSC Staff

**ASSISTANT COACHES:**

University of Maine Presque Isle Student/Athletes from the Coaching Degree Program and Maine Winter Sports Center athletes.

**WHO IS THE CAMP FOR:**

Intermediate and advanced cross-country skiers between the ages 14-18.

**COST:** \$100 – includes T-shirt, training camp and lunches. (Arrangements can be made for overnight **accommodations** if that is of interest. **Rollerski's** can also be rented for \$8/day.)

**PROGRAM:** For young cross-country skiers who are interested in learning specific dry-land training techniques as essential preparation for a successful competition season. The dry-land activities will include running, roller skiing, strength, plyometrics, games and stretching.

**CONTACT:** For more information contact Petr Jakl at (207)768-9689 (Work), (207)764-4882 (Home) or by e-mail: [petr.jakl@maine.edu](mailto:petr.jakl@maine.edu)

**DEADLINE:** Please return registration information (see the registration form) and the \$50.00 deposit by **July 5, 2008** to: Sheri Sirios, 552 Main Street, Caribou, ME 04736.

