



Training for Success Summer Camp

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.

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

DEADLINE: Please return registration information (see the registration form) and the \$50.00 deposit by **July 28, 2008** to: Sheri Sirios, 552 Main Street, Caribou, ME 04736.

