

2006 XCRochester X-C Ski Holiday Training Camps

XCRochester

Skier Development Program

www.XCRochester.com

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Rochester Cross Country Ski Foundation



- **What:** Performance and racer technique training sessions on snow. Focus will be on early-season technical foundations;
 - **Classic Technique** session on Thursday 28Dec06 from 9:00am to 12:00 noon. Will include diagonal stride and double pole fundamentals and advanced techniques. Generate speeds comparable to skating!
 - **Skating Technique** session on Friday 29Dec06 from 9:00am to 12:00 noon. Skating fundamentals, then build V2, V2 Alternate and V1. Will include tips on expanding use of V2 to include most conditions.
 - Both sessions will also include downhill and turning elements.
- **Where:** **Harriet Hollister Spencer State Recreation Area**, Canadice, NY, approx. 40 minutes south of Rochester. Weather permitting; check the www.xcrochester.com website on 27Dec06 for conditions and final logistics information.
- **Who:** **Open to XC Performance Skiers** 14 and up of all abilities including first-time racers and seasoned veterans. Supplement your regular programs and coaching. Participants must have at least some XC Skiing experience; this is not a learn-to-ski event.
- **Itinerary:** **Classic session;** kick waxing, group ski warm up, skill drills w/ video analysis, speed games, group ski warm down. **Skating session;** warm up, skill drills w/ video analysis, fun sprint relays, group ski warm down tour). Both include wrap up analysis and discussion.
- **Cost:** **\$10 donation** to benefit the RXCSF Trail Grooming Fund (to fund the grooming at Harriet Spencer and Mendon Ponds Park).
- **Coaches:** Instruction/coaching provided by members of the **XCRochester** Ski Race Team.

All Proceeds Benefit the RXCSF Trails Fund

For more about XCRochester and the Rochester XC Ski Foundation, please visit: www.xcrochester.com