

Summer Program 2016



Cross country skiing is an endurance sport that is more enjoyable as your fitness level increases. Team Hardwood summer program is designed to help young athletes get fit, develop skills and have fun with their friends. Weekly training begins in May and goes through to September, we also have camps that are put together sequentially to increase specificity as the ski season gets closer. Whether you are an experienced skier or new to the sport, our coaching staff will make training in the offseason more fun.

Option 1

Summer program + camps - \$1300 (includes all camps and weekly training sessions)

Option 2.

Summer program - \$350 (includes weekly training sessions and discount on camps)

Option 3

Come to the occasional camp and pay the non-summer athlete fee

Camps for summer 2016

April 30 – May 1 - boot camp Hardwood – “let’s see what we are starting with”

Summer athlete - \$100

Non- Summer \$150

June 30 – July 3 - Algonquin Canoe Trip – “hitting the outback”

Summer athlete - \$300

Non- Summer \$350

August 13-21 - Club exchange to Vancouver Island “Traveling and Training in BC”

Summer athletes only - \$400

August 27-31 - Southern Ontario Camp “come together with the rest of SOD”

Summer athlete - \$300

Non- Summer \$350

August 27 - Re-test “Lets see how much we have improved”

Summer athlete - \$100

Non- Summer \$150

Training Sessions for Summer 2016

Summer athletes get to participate in the Wednesday and Saturday weekly training sessions where we focus on technique and fitness

Wednesday – Roller ski session followed by intensity

Saturday – Group distance workouts