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EnduranceCamp
August 2-7, 2009

For runners and Nordic skiers entering 9th – 12th grade (coaches welcome also)
Held at CrossWoods Camp
Mason, WI
(located 25 miles from Northland College)

Activities include:

Technique work
Roller skiing
Running
Strength work/core/plyometrics
Workshops on topics such as:
Exercise physiology
Sport psychology
Sports nutrition/diet
How to wax for fast skis
Being a college athlete
High Ropers Course
Mountain Biking
Swimming
Canoe day trip
Rock climbing and repelling
Night adventure games
And other fun activities!



Leaders:

David Beeksma, Head Cross Country and Nordic Ski Coach, Northland College
Jeremy Frost, Head Nordic Ski Coach, St. Cloud State University

Counselors:

Northland College and St. Cloud State Athletes.



Cost: \$230.00 (\$10.00 discount per person for four or more from the same team)
Includes lodging, meals, T-shirt and a Buff.



Schedule:
8am breakfast
9am – Noon
Training/core
workouts/technique work
12 noon lunch
1 – 5 activities:
Mountain biking
High ropes course
Swimming
Ultimate Frisbee
Water games
Kayaking



6pm supper
7pm workshops
Campfire
Night adventure games

Cook out on the Beach: Thursday evening on the shores of Lake Superior!

Items needed:

Sleeping bag (bedding), pillow, training clothes, roller skis or rollerblades and poles (for Nordic), helmets, swim suit, running shoes, etc.

***A complete packing list and directions will be provided once registration is complete.**



Register: Registration forms available online at www.northland.edu or www.stcloudstate.edu. Please return via e-mail or mail with **\$100.00 non-refundable deposit** made payable to Northland College by **July 10th** (after this date please contact us for availability). Please send to:



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