



June 26th – June 29th, 2019

**Camp Mechuwana
Winthrop, ME**

Maine Nordic Training Camp

The Maine Ski Coaches Association is hosting a Summer Training Camp for high school athletes who want to use their summer training to get the most out of winter competitions. For four days, we will run, hike, and roller-ski together, and learn about all the different aspects of training effectively for developing athletes. Athletes will be able to work with different coaches to find the best solutions for their personal challenges, and develop a training plan that works for them and their goals.



Celebrating four great days of ski training in 2015.



Evening class with 2016 camp leader Adam Masterman.

Camp Mission

Our goal with the Maine Nordic Training Camp is to provide an experience that conditions, educates and socializes young people in the sport of Nordic Skiing. We do multiple, high quality training sessions each day, paired with direct instruction. Evenings involve class sessions where athletes learn the principles of conditioning, technique and competition. Finally, we try to foster a welcoming, friendly and supportive atmosphere for athletes with a wide range of abilities, allowing for the personal connections that make this sport enjoyable. In all, we hope to provide a balanced experience that benefits athletes in all areas of their skiing experience.

The Individual Approach

We believe strongly that direct, one-on-one instruction is the best method for teaching, and we generally have a coach for every three to four athletes. We take time in every workout to work directly with athletes, and insure that they always have access to a supportive coach for all of their questions and challenges.



Skating for the camera: how we analyze our form.

Every Athlete

Each athlete has potential; our job is to help them find and build on that capacity. We've always worked with a wide range of athletes, from beginning rollerskiers to athletes competing at the top of Maine skiing. If you want to take your skiing to the next level, whatever that means for you personally, we can help you learn the tools to do that.

Additional Details

This is a dryland training camp for all Maine high school skiers who want to take their Nordic skiing to the next level. You must be a freshman in high school or older in fall 2019 to be eligible to attend this camp. This camp is not intended for middle school or younger skiers.

Skate Rollerskis, skate length poles, classic length poles, and a helmet are a requirement for attending camp. Classic rollerskis are optional but recommended.

Ski Camp registration will be capped at 30 skiers on a first come first served basis so sign up early to guarantee your spot!

The cost for the camp is \$180 per skier. Checks can be made out to "Maine Nordic Team". This covers all food and lodging at Camp Mechuwana, plus local travel costs, and a camp t-shirt. Registration will be online at mainehighschoolskiing.com starting at the beginning of April. All questions can be directed to Head Coach, Aaron Duphily at aduphily@gmail.com.

Instructions: In order to sign up for the Maine Nordic Summer Training camp you must

(1) Complete and submit the google form found at this link: <https://forms.gle/eQ2jFGwwNswnToRf7>

(2) Send a check for \$180 made out to "Maine Nordic Team" to:

Aaron Duphily

143 Bonnybriar Road

South Portland, ME 04106

(3) Go to <https://www.nensa.net/membership-types-2/join/> and purchase a NENSA Junior membership (\$35) if you haven't already done so. This is required as a condition of our liability insurance. If you have a current NENSA membership please enter your membership number on the form. If you sign up later you will need to email me your NENSA number prior to the start of camp so we can verify your membership status.

(4) If you currently have a NENSA number you must enter it on the google form in the field provided. If you don't have a NENSA number yet you must email it to me as soon as you complete your NENSA membership registration.

Once all four of these items have been completed you will be considered signed-up for camp. You will receive email communications at the beginning of May with more information in preparation for the camp.