



**June 26<sup>th</sup> – June 29<sup>th</sup>, 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***

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](http://mainehighschoolskiing.com) starting at the beginning of April. All questions can be directed to Head Coach, Aaron Duphily at [aduphily@gmail.com](mailto:aduphily@gmail.com).