



Hebron Academy Day Ski Camp



Who?

6th Grade-PG
(Ages- 13-19)

When?

June 21-25, 2021
9:00 AM-6:00 PM

Where?

Hebron Academy, ME

Coaches:

Ian Tovell- USSA Level 100 Certified, 2x Boys Class A Championship, NENSA Board Member, over 15 years of experience

Nick Trautz: Former Supertour and NCAA athlete, Craftsbury Outdoor Center, Maine Winter Sports Center Alpina-Madshus Racing Team

Cost: \$250

Sample Day:

- 9:00 AM- Arrive
- 9:15- 11:30 AM- First Training Session
- 12:00-12:30- Lunch
- 12:30-1:00- Games
- 1:30-3:30- Second Training Session
- 4:00-5:00 Classroom Session
- 5:00-6:00- Games/Pick-Up

Sessions Include:

- Video Technique,
- strength and agility training,
- nutrition session,
- intro to training plan design,
- rollerski training,
- endurance training on roads and trails,
- swimming, hiking, and so much more!

****Min. of 20 Campers Needed****

Questions? Email: itovell@hebronacademy.org