

MNR Summer Programming

Eastern Sierra Nordic is once again offering a summer program for youth Nordic Skiers in a variety of activities designed to improve skiing, racing, and general athleticism. Practices will include running, rollerskiing, hiking, ski imitation (bounding, ski walking) and more. We have two groups comprising our one club team. The two groups, Competition and Development, are described below.

We are fortunate to have a **team van** this year! The van will be picking athletes up and transporting them to each practice during the summer. For practices in Mammoth, the van will pick Crowley athletes up at the Crowley Community Center. For practices in Crowley, the van will pick Mammoth athletes up at the high school. The van will also be used to transport all athletes for hikes, to June Lake, and for longer workout shuttles. The prices for the program reflect the added costs of running the van. We also hope that this added transportation value buys parents more time, is convenient, and saves your own vehicle costs.

Families who register by May 1st will receive a written pre-season training plan for the month of May. Additionally, each athlete will get an individual meeting with Nancy and Laurel during the second week of May to set goals and get training logs in order. A few bonus practices will also be sprinkled throughout May.

Comp Team- Designed for competitive skiers looking to improve in racing performance.

The Comp team is an intensive, rigorous, and fun program designed to improve athletes skiing and racing. The program is designed to both increase athletes skiing skills, as well as set the athletic foundation for success in the winter race season. The summer session is a block, from **May 29th to August 27th**. There will be a break and opportunity for OYO training from **August 1st-7th**. Athletes will participate in team training sessions 5 days a week, and will have additional “on your own training”.

Athletes are responsible for keeping an individual training log. Athletes will also be responsible for regular goal setting, and some community engagement events.

ESNSA is also offering a “half session” package for the Competition Team, this program is designed to allow athletes to compete in other summer sports while still staying engaged in skiing. The half session will be 3 days, of the athletes choice.

Here is the breakdown of the Comp team summer session:

- U16-U20 (high school/entering high school)
- May 29th- August 27th, 5 days per week
- In School: Monday, Tuesday, Wednesday, Thursday, Saturday from **3:00-5:00**
 - Longer day on Saturday starting at **8:00**
- During summer break: Monday (morning), Tuesday (afternoon), Wednesday (morning), Thursday (morning), Friday (morning)
 - 8:00-10:00 for morning sessions
 - 3:00-5:00 for afternoon sessions
 - Longer day on Friday starting at **8:00**
- **Full Program Price:** \$950 (scholarships available)
- **Half Program Price:** \$650 (scholarships available)

Devo Team- Fun program for skiers looking to improve skiing in a team environment while enjoying the Eastern Sierra. This year's Devo Team will pivot to a camp style system with a select number of weekend mini camps.

- U12-U14 (middle school/entering middle school)
- Mini Camp Style
- Pay per camp
- Price and dates TBD

Gear List for Comp and Devo:

Running Shoes

Hiking Shoes (good enough to do cross-country walking)

Ski Boots, classic and skate (for roller skiing)

Day Pack

Hydration Belt and/or running vest

Bike Helmet

Sunglasses/Hat

Rollerskis/Rollerski poles (optional, ESNSA can provide skis and poles)

Please contact Nancy and Laurel Fiddler at mammothnordicracing@gmail.com with any questions.