



Maine Training Group Camp 2010

Congratulations on being among the top nordic ski racers in the state of Maine! As part of our efforts to increase both participation and skill level in winter sport, the Maine Winter Sports Center has partnered with coaches from across the state to encourage the best young skiers from Maine to train together two to three times per year. Please come join us at this summer volume training camp and see why we're so excited about what you can do!

Who: Maine Training Group is open to all Maine residents who qualified for the Maine J2 Team, the Maine Eastern High School Team or the NENSA Junior Olympic Team in 2010.

Camp dates: Wednesday, July 7-Sunday, July 11

Camp location: University of Maine Fort Kent, Fort Kent

Cost: \$200 payable by check to Maine Winter Sports Center, scholarships available upon request and application.

Deadline: registrations and \$50 deposit due by June 15

Mail to: MWSC, attn: Will Sweetser, 552 Main St., Caribou, ME 04736

The camp will focus on appropriate summer nordic training, biathlon introduction and athlete physical testing. All equipment for shooting is provided. Physical assessment and a rollerski time trial will be included. Personal lactate testing and training zone prescription available for \$40 testing fee. Contact Will Sweetser for more information.

Will Sweetser, Cross-Country Coach:

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Gary Colliander, Biathlon Coach:

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