

# Nordic training program coming to Tahoe City

Tahoe Cross Country Ski Education Association will be offering a fall-winter comp-devo Nordic training program starting in September.

It will be open to athletes in grades 6-12 who are motivated to have fun and improve their fitness throughout the year as well as work on their ski specific technique for skate and classic. Sessions will be divided by program type and/or ability levels to ensure appropriate workouts while at the same time maintaining a fun team environment.

The Junior Development Program's goal is to prepare ages 11-15 for the cross country ski season through a variety of activities that will improve strength, agility, endurance and ski technique.

The Competition Team (ages 14-19) will work with coaches to develop an appropriate training schedule tailored to fit each athlete's needs. The program is designed to develop aerobic fitness, ski technique, and prepare skiers for the upcoming race season.