

## **Bill Koch Junior Racer Program 2010**

**Who:** Nordic skiers in grades 6-8 who are able/willing to learn to ski both classic and skate techniques and who have an interest in learning more about racing in preparation for racing with a high school ski team or individually. Skiers MUST have a love for snow and an interest in getting outside for some great skiing adventures this season!!!

**What:** A great opportunity to build skills and make skiing friends! Skiers will learn about race preparation and training, improve their ski technique on varied terrain and gain skills and self confidence to make healthy choices for skiing and for life. Some areas of training that will be included are poling techniques, skiing downhill and uphill, cornering, and utilizing flats efficiently. Skiers will also learn the basics of waxing skis and equipment selection for both classic and skating. We will review basic nutrition principles for racing and training, and learn about race day preparation and what to expect when attending races. Coaching will also be provided at several junior high races in the area which skiers are encouraged to attend and participate in as part of the Junior Racer Program team.

**When:** Tuesdays and Fridays in January and February, starting Tuesday January 5<sup>th</sup>. The schedule will be 3:45-4:45pm every Tuesday and Friday, though there will be extended sessions on some Fridays to allow time for guest speakers and/or clinics discussing some of the above topics.

**Where:** Sleepy Hollow Ski and Bike Center, 1805 Sherman Hollow Road, Huntington, Vermont

**How:** Participation in the Sleepy Hollow Bill Koch League costs \$65 and registration for the Junior Race Program is only an additional \$50. One parent volunteer will be needed to assist the program at each session. [www.skisleepyhollow.com](http://www.skisleepyhollow.com)

**Coaching:** This is Andrea LaRosa's first year coaching the Sleepy Hollow Bill Koch League Junior Racer Program. She is a former CVU skier, graduating in 2002, who went on to a very brief stint as a collegiate skier at Middlebury College before realizing that she really wanted to coach and taking a position as an assistant for the CVU Nordic team for the next three years. She also has experience coaching with the Vermont J2 Nordic team, as a junior high running camp coach, a Girls on the Run coach, and as a mentor for the Little Bellas mountain biking program for young girls. She can be reached at [andreallarosa@gmail.com](mailto:andreallarosa@gmail.com) or by phone at 802-318-3323.

**For more information:** See our blog at <http://shjrracers.blogspot.com/>