

Fall Training Information

Alaska Nordic Racing 2023-24

alaskanordicracing.org

Congratulations on a solid summer of training! You guys have built a good fitness base over the summer, and fall is when we start to lean into more ski-specific training and intensity. Many of you will be prioritizing XC running over the next two months - good luck to you all! The logs so far have been looking fantastic, and this time period is when it's especially helpful maintain that record - when we get back on snow, it's easier for coaches to figure out how to best prepare you for the ski season if we know what your training & health has looked like since we last saw you.

If you are planning on XC running & part-time ANR - please establish with your XC coach what their policy is on missing practice or leaving early for ANR. If you are not showing up to the start of practice before leaving for ANR, that is not a practice that will count towards your attendance needed to race. Some teams may be willing to count your attendance even if you're leaving early, but it is not a guarantee. *Ask your coach whether it's okay for you to leave early for ANR practice 1-2x per week* (Monday for Palmer/Colony, Tuesday for Chugiak/Eagle River), ideally via email so you have the specifics in writing. If you are leaving early or not showing up without notice, that deteriorates ANR's working relationship with these programs, and makes them much less likely to give us flexibility.

Requirements for participation:

- [This form](#) completed and handed in to an ANR coach
- Program fee paid [online](#) or by check to ANR
- Make sure you're signed up for [team communication](#)
- Check [important dates](#)
- All necessary [equipment](#)

Pricing

Program fees allow us to provide resources such as coaches, rental equipment, and scholarships. If these fees pose a financial burden, please contact our [treasurer](#) for scholarship information.

Program registration can now be completed on our [website](#)! Fees are due at or before training begins. Payments by check can be brought to your first practice.

Fall

July 27 - November 1

Junior program \$395 full-time (4x per week)
 \$245 part-time (2x per week, switching to full-time after XC ends)
 \$150 October-only. This session runs from the end of XC running season, to the beginning of high school ski season in November.

Devo program - *No devo training before 10/16.* Have fun running!

Valley Devo	Session I: Oct 16 - Dec 17	\$195
	Session II: Jan 2 - Mar 15	\$225
Eagle River Devo:	Session I: Oct 16 - Dec 17	\$195
	Session II: Jan 2 - Mar 15	\$225

Important dates

July 26 - XC running season	Fall session starts
August 16 - School begins	Switch back to PM practices
October 2 - fall mini-session starts	Fall mini-session to prep for ski season.
October 20-22 - fall day camp	On-snow camp for all skiers at Hatcher Pass
November 1 (approx)	High school nordic begins. See you at Thanksgiving!

Dryland practice schedule

***When there is skiable snow in Hatcher pass, our schedule will change to accommodate this.
On-snow practice schedule will be sent early September***

Valley

Monday	7am lift @ PHS 4pm rollerski technique (XC runners try to attend)
Wednesday	6am lift @ PHS 3pm - TBD
Thursday	3pm Eklutna
Saturday	ODs schedule/weather permitting

Eagle River

Tuesday	6am lift @ CHS 2:30pm rollerski technique from CHS
Thursday	6am lift @ CHS 3pm Eklutna
Saturday	ODs schedule/weather permitting

Weekly schedule will be posted on the [ANR Google Calendar](#). If you have problems getting set up, please refer first to the instructions on the linked site.

Team communication

Slack

We use the workplace communication app, Slack, as our primary platform. This keeps all of our team communication in one place, and prevents important info from getting buried in texts and inboxes. Setup information can be found [here](#), please install both mobile and desktop apps. Contact tegan.e.thorley@gmail.com with any technical issues.

Google Calendar

Valley and Eagle River group training will be posted on our team Google Calendar. Setup instructions can be found on our website [here](#).

Equipment

ANR does not provide on-snow ski equipment. We can coordinate team orders of poles (Swix) and skis. If you have questions about gear, please consult the [gear guides](#) and ask a coach. *Play-It-Again does not know how to size nordic equipment* - there can be good finds there, but go in knowing exactly what you need.

Athletes must have good running shoes and ski boots, a helmet, poles with rollerski ferrules, and a bright layer for rollerskiing. You must have skis, gloves, hats, and outerwear in order to participate in October training because we will be on-snow. Athletes must wear appropriate outdoor training clothing and be prepared for changing weather.

Gear questions? Check out the [pack lists](#) or [gear guides](#) for more in-depth information.