

Summer Training Information

Alaska Nordic Racing 2023-24

alaskanordicracing.org

Welcome back to ANR summer training! We're ready to hit the ground running in May, and looking forward to seeing you all again! Summer dryland training is focused on developing athletes to race the Besh Cup race series, along with the regular high school races. Please note we do not have the capacity to coach beginners in high school due to limited coaching staff. Ideally, athletes need to have 1-2 winters on snow. Our sessions will include trail running, rollerskiing, and weight training.

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](#)

We also have a team handbook that is currently being updated to the current season. [Here](#) is last year's version for reference. The updated copy will be sent out later in the week of April 24th.

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.

Additional siblings are half price - “buy one, get one 50% off”! If you have multiple children signing up, contact [Tegan](#) and she will send you the adjusted prices.

* **Peninsula skiers:** contact [Alex Serventi](#) for pricing details

Summer

High School - “Junior” training group \$495

(May 8 - July 26)

Middle School - “Devo” training group

Valley (May 22 - Aug 17) \$300

Eagle River (May 31-Aug 2) \$225

Fall

July 27 - November 1

Junior program \$395 full-time (4x per week)

\$185 part-time (2x per week - popular with XC runners)

\$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: TBD

Important dates

| | |
|--------------------------------------|---|
| May 8 - training begins | Early summer schedule starts |
| May 22 - schedule change | First day of summer schedule (AM training, not afternoon) |
| July 26 - XC running season | Fall session starts |
| August 16 - School begins | Switch back to PM practices |
| October 3 - fall mini-session starts | Fall mini-session to prep for ski season. |
| November 1 (approx) | High school nordic begins. See you at Thanksgiving! |

Practice schedule

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.

Early summer daily schedule

Before the end of school, we run a reduced schedule with the expectation that many of our skiers are participating in spring sports. Skiers looking for more group training before the end of school are welcome to join the other group's practices at any time. **Middle school sessions will begin once school is done for the summer** (May 22 in the Valley, May 31 in Eagle River).

We will have learn-to-rollerski clinics in May! These will be for all ages, *including parents*. **We will provide rollerskis, please come prepared with boots, poles, a helmet, and a hi-vis shirt.** Any experienced skiers interested in assisting, please contact Tegan or Patricia.

Skate: May 8th 4:30pm [Beach Lake parking lot](#)
May 15th 4:30pm [Government Peak Recreation Area](#)

Classic: May 22nd 4:30pm Beach Lake
May 29th 4:30pm Government Peak Recreation Area

Valley

T/Th AM 6am lift @ PHS (*optional*, recommended for U18s)
PM 2:45-4:30pm trail run or rollerski

Eagle River

M/W/F 2:30pm CHS

Summer Daily Schedule

Beginning after the end of term (May 22). Practice location and workout specifics will be posted on the [team calendar](#) each week for an up-to-date schedule. Short-notice changes due to illness or inclement weather will be posted on Slack.

Valley

High school:

- M** 7-9am distance workout - Fishhook or Lazy Mtn
3-4pm PHS*
- W** 7:30-10:30am team OD
- F** 7-8:30am PHS

*we're trying out a double day! This will be a lift or active recovery session depending on the week. Attendance is at parent & athlete discretion based on recovery needs and other commitments.

Middle school:

- T** 7-8:30am rollerski
- Th** 7-8:30am running

Eagle River

High school:

- T** 9:30-11:30am Chugiak
- W** 7:30-10:30 team OD
- Th** 9:30-11:30am Chugiak

Another regular weekly practice will be added on Monday pending coach availability - in the meantime, Monday PM and Friday AM workouts at PHS are open for high schoolers who would like more training.

Middle school:

- M** 9-11am Chugiak/Eagle River Area
- W** 9-11am Chugiak/Eagle River Area

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

Athletes must have good running shoes and ski boots, a helmet, poles with rollerski ferrules, and a bright layer for rollerskiing. Athletes must wear appropriate outdoor training clothing and be prepared for changing weather. ANR has classic and skate rollerskis available to rent for the summer for \$25 per pair. **If you know you will be skiing for the next few years, please purchase rollerskis.** The program skis are a great resource to have, and we would like to keep it available to families just starting out. We do not have enough rollerskis for everyone, if returning athletes and new athletes are all expecting to rent.

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