

Ski Like a Girl!

January 23, 2010
Weston Ski Track

Join instructors Anna McLoon, Alex Jospe, Sarah Holton, and Linnea Koons for the first annual Ski like a girl! event at the Weston Ski Track this January. Improve your technique, get some expert feedback on your skiing, learn about nutrition, ski waxing, and sports psychology in an all-female environment. Trail passes are required.

Schedule:

9:00am – Arrival – if you need to rent skis, please do so before the clinic
9:00-9:30 – Introductions and overview of the day; divide into groups
9:30-10:30 – Session 1 (outside technique work)
10:30-10:45 – Break and switch groups
11:00-12:00 – Session 2 (outside technique work)
12:00-12:30 – Lunch (bring your own, although Weston does sell some snacks)
12:30-1:00 – Indoor session 1
1:15-1:45 – Indoor session 2
2:00-3:00 – Session 3 (outside technique work)
3:15 – Fun relay (costume encouraged!)
4:00 – Wrap-up and go home

Cost: \$10/person - a couple scholarships are available, contact Alex for more information.
Questions? Contact Alex at acjospe@gmail.com

To register:

Print out the form and send it with \$10 to Alex at:

56 Fairmont Ave
Newton MA 02458

Alternatively, email the form to Alex and pay when you arrive.

About your instructors:

Sarah Holton coaches for Newton North and is wicked awesome.

Linnea Koons raced for Cornell University and is currently a Pro mountain biker for October Bikes.

Alex Jospe has been coaching with CSU for three years and races on the US ski orienteering team for Alpina.

Anna Mcloon, though currently a bike racer, was wicked fast when she raced skis, racing for Atomic and Maine Winter Sports Center and almost making the Olympic team in 2006.

Ski Like a Girl! Registration form

(Don't forget your \$10)

Name:

Address:

Phone number:

email address:

School (if applicable):

How did you hear about Ski like a girl?

During lunch, if you have to choose two, would you rather learn about nutrition, sports psychology, or ski waxing?

During outdoor sessions, do you have anything in particular you would like to focus on?

Do you use both skate and classic technique?

On a scale of 1-5 (1 being complete newbie, 5 being Junior Olympic level), how would you rank your skiing ability?

What sort of skiing do you do? Touring, racing, highschool racing, master's racing, coaching...

Is there anything that you would like us to cover during the day that isn't listed in the schedule?