

WOW! ALL LEVELS OF MEMBERSHIP INCLUDE A SNSC BUFF!

## ***Summit Nordic Ski Club- 2011/12 Masters Program:***

### **TWO levels of membership**

**"Masters"** is a world wide classification of all skiers, regardless of ability, over the age of 25. There are local, state, national and international events for master skiers throughout the snow season. SNSC 'Master Skiers' are intermediate and advanced skiers looking to improve ski technique and fitness through a program of professional coaching!

#### **\$400.00 Full Individual Competitive training October 17 thru March 15**

Take the skills refined on Tuesday and practice with some intensity on Thursday. Ability grouping and individual technique modifications as appropriate.

- Twice a week training, dryland through ski season
- Reduced fees for club sponsored events and clinics
- Discount purchase opportunity 'gear night' only

#### **\$150.00 Dryland & Transition to Snow training only**

**October 1 - November 28** (2 per week & gear night discounts)

#### **\$300.00 Pre-Race and Competition season only**

**November 29 - March 15** (2 per week & gear night discounts)

Additional Training discounts:

**Master couple : \$700.00**

**Master SNSC Team Parent : \$200.00**

By month: Individual 'months' are available for \$120

#### **\$25.00/\$50.00 family SNSC TEAM SUPPORTER**

**This is an opportunity for you and the club.** Get 30% discount on equipment purchases *only on SNSC gear night*. This is also an opportunity for you to show support for the Nordic ski community and the mission and vision of the Summit Nordic Ski Club. As club membership grows, the SNSC can become a clear voice in Summit County speaking for the interests of Nordic skiing.

#### **Personalized or private training is available through SNSC:**

Initial goal setting and initial month's training plan	\$100.00
-Monthly training plans thereafter	\$50.00
Basic HR zone via treadmill test	\$50.00
Lactate Profile testing	\$150.00
Private 1 on 1 coaching or consultation	\$50.00/hour

***\*\*All must be paid BEFORE participation in the program. \*\****

YOUR SNSC BUFF -- DON'T LEAVE HOME WITHOUT IT!