

SNSC Master Skiers Training Program 2011-2012

SNSC invites all adult skiers to train under the guidance of head coach Joe Howdysshell. Participants are expected to have **at minimum** advanced beginner to intermediate skills in both classic and skate technique. Participants in the SNSC Masters Program should think of themselves as 'athletes in training' that requires a commitment to both fitness and technique training. The goal of training is a fast, efficient, injury free skiing experience for everyone. "Common sense" training isn't typically efficient or optimally effective. Formal training with the guidance of a coach throughout the year provides progressive improvement as fitness and skills develop.

The Master Skier Program for 2011-2012 will better reflect periodization of training than in previous seasons. The program is divided into specific segments to reflect the best training to achieve the athlete's goals. Because the coaching season has been increased by several weeks, individuals will probably miss a number of weekly training sessions. This reality is recognized by not increasing the cost over previous season's price for a much shorter time period.

October 15 - November 28 : *Dryland & transition to snow training:* Training focus of ski specific strength development, balance and agility development, ski specific body position and movements. Individual season goals and a personal racing 'calendar' should be defined during this time.

2 evening training sessions each week, 5:30 Wednesdays and Fridays, during this period as light conditions allow. GENERAL recommendations for additional independent workouts will be made. *This training period is included in the full membership or can be purchased separately at reduced cost.*

November 29 - March 15 : *Pre-Race and competition - On Snow coaching with 2 discrete periods.* This training period is included in the full membership or can be purchased separately at reduced cost. Times and days to be determined

November 29 - December 31 : *Pre-Race :* Emphasis on refining ski technique and managing training intensity. Errors made during this period compromise success during the primary competition season and are very difficult to correct later. 2 sessions each week focusing on skiing powerfully with efficient technique. Master skiers are encouraged to participate in the NRL Open class races to establish a season 'benchmark' and identify strengths and weaknesses.

January 1 - March 15 : *Competition* period coaching that continues to refine technique and fitness in a program that enhances individual racing goals and results. 2 sessions each week.