

Youth Ski League (J5/J6)

This is the introductory level of Nordic skiing with some fun races – meeting Tuesday & Thursday at Frisco Nordic Center.

Membership \$225.00

Includes:

1.5 hours of training - two days a week

SNSC Vest

Entrance to 3 local races

RMN Membership

Middle School Level (J3/J4)

This level will focus on technique and skill development, with more emphasis on racing. Will meet approx. four to six days a week, depending on race schedule.

Membership \$625.00

Includes:

Approx. 6 hours of training a week

RACE SUIT

RMN Membership

Early Dry land training

Competitive Level (J2/J1/OJ)

This level will focus on endurance and technique refinement – emphasis will be on a higher level of racing. Will meet approx. six days a week.

Membership \$800.00

Includes:

Approx. 8 hours of training a week

RMN Membership

Year-round training

Individual goal setting, and training log monitoring

Video Analysis

Race Wax

Access to club Roller Skis

**** Note the club will work with families this year and offer a two payment plan, with payments due - November 15th & January 15th.*

Masters Program (30 years old and up)

This level will focus on technique in both classic and skate as well as general fitness in the early season.

Membership 1 day/week \$200; 2 days/week \$400

Includes:

1 or 2, 1 hour sessions a week

Technique work and race consultation

Wax suggestions

RMN Membership