

Thursday, Nov 24th

Classic Skills & Drills Refresher Day



Time: 9:00 – 11:00am

Price: \$20, If registered for 3 clinics it's free

A great way to ease back into the season. We'll start with a casual ski followed by several stations to practice ski skills, techniques, and drills.

This fun and educational session is the perfect opportunity to meet the instructors and ski with other participants of all levels. Set yourself up for success, for the rest of the weekend.

All camp participants are encouraged to join.

HAPPY THANKSGIVING

Friday, Nov 25th

7:00 - 8:00am

Pilates - Enjoy the sunrise and start your ski day with gentle stretching and core strengthening in a comfortable Pilates group Mat class. This Nordic-specific class will focus on core muscle awareness, good posture, and spinal alignment. All proceeds will be donated by Kenny Marks the owner of Western Pilates to CBNC. Minimum class size 4 max 12.

Instructor: Kenny Marks \$10

9:00 - 11:30 am

All clinic capped at 10 participants.

Beginning Classic I - Totally new to cross-country skiing? Or perhaps you've given it a try a couple times in the last few years? This is a starter clinic for people looking to get comfortable on cross-country skis and learn the basics of classic style Nordic skiing.

Instructor : Toni Westerholm \$40

Intermediate Classic - A clinic for people with a strong base in classic skiing looking to improve their technique, find their kick zone, and be efficient in their double-poling. Includes video analysis. **Instructor : Ross Matlock \$50**

Advanced Classic - For advanced classic skiers ready to take it to the next level. Participants will fine tune their classic racing technique and work on developing a more aggressive style. Includes video analysis. **Instructor : Ingrid Butts \$50**

1:30 - 4:00 pm

All clinic capped at 10 participants.

Beginning Skate - Skate skiing can be an awesome workout and a great way to enjoy winter, but it's sure hard to learn on your own. If you're totally new to skate skiing or need a refresher on the fundamentals, this clinic will teach the basics of skate skiing, from stance on skis to the V1 technique **Instructor : Toni Westerholm \$40**

Intermediate Skate - This clinic is for people that have a strong base in skate skiing, but are still learning the complexities of skate technique. Come learn about V2 and V2-alternate techniques, hill climbing and descending, as well as working on speed and strength. Includes video analysis. **Instructor : Ross Matlock \$50**

Advanced Skate - This clinic is for strong skiers ready to fine-tune your skills and jump-start your racing. Participants will benefit from video analysis to help them work their technique and develop a more aggressive style. Includes video analysis

Instructor : Rebecca Dussault \$50

5:30 - 6:45 pm

Wax Clinic Sponsored by Fastwax: Curious about the mysteries of waxing? Find out the proper ski waxing techniques at this fun and informative demonstrative clinic.

Instructor: Brian Smith \$FREE

Saturday, Nov 26th

7:00 - 8:00am

Pilates - Enjoy the sunrise and start your ski day with gentle stretching and core strengthening in a comfortable Pilates group Mat class. This Nordic-specific class will focus on core muscle awareness, good posture, and spinal alignment. All proceeds will be donated by Kenny Marks the owner of Western Pilates to CBNC. Minimum class size 4 max 12.

Instructor: Kenny Marks \$10

9:00 - 11:30 am

All clinic capped at 10 participants.

Beginning Classic II - Designed to follow Beginning classic I.

Instructor : Ross Matlock \$40

Woman's Classic Techniques - Come learn from one of the most expert skiers in the valley in an all-women's setting. Rebecca Dussault, a former Olympian, will help you fine tune your classic skiing technique and develop a more aggressive style. This clinic is for women who are intermediate to advanced skiers—comfortable on their skis and ready to step it up a notch. **Instructor : Rebecca Dussault \$50**

Masters Race Classic - This clinic is for master skiers who race several times a year and want to improve technique and race fitness. Steady double-poling and uphill diagonal striding in classic is needed as we will work to improve use of these techniques in race situations. Roller skiing during the fall and sufficient fitness to ski 10K during the camp clinic will be helpful. While all abilities are welcome, you will want to be fit enough to work on these skills during the camp.

Instructor : Murray Banks \$50

1:30 - 4:00 pm

All clinic capped at 10 participants.

Beginning Skate II - Designed to follow Beginning skate I.

Instructor : Ross Matlock \$40

Woman's Skate Techniques - Come learn from one of the other most expert skiers in the valley in an all-women's setting. Ingrid Butts, a former Olympian and experienced coach, will help you fine tune your skate skiing technique and develop a more aggressive style. This clinic is for women who are intermediate to advanced skiers—comfortable on their skis and ready to step it up a notch. **Instructor : Ingrid Butts \$50**

Masters Race Skate - This clinic is for master skiers who race several times a year and want to improve technique and race fitness. Proficiency in V1, V2 and V2-alternate is needed as we will work to improve the use of these techniques in race situations. Roller skiing during the fall and sufficient fitness to ski 10K during the camp clinic will be helpful. While all abilities are welcome, you will want to be fit enough to work on these skills during the camp.

Instructor : Murray Banks \$50

Saturday, Nov. 26th, 6 pm

KICK'N'GLIDE WINTER GALA

A Benefit FOR THE CRESTED Butte Nordic Council

- Featuring a silent & live auction
- Hosted at Montanya Distillers, serving Award-Winning High Mountain Rum
- Music by Doctor Robert, a new-generation Beatles Tribute Band, and dancing
- Cuisine prepared by Chef Tim Egelhoff
- Entry includes 1 Montanya Rum Cocktail
- Cost \$25 Adults, \$5 Kids



To register for events go to www.cbnordic.org phone: 970-349-1707

By Xavier Fané