

Dan Simoneau invites high school Nordic Skiers to the MBSEF cross country ski camps:

Memorial Day Camp (May 25-27)
Fire and Ice Camp (June 15-19)

Hello coaches/skiers,

Here's the plan for the MBSEF Memorial Day and Fire and Ice Cross Country Skiing Camps. Please pass this on to your skiers.

Memorial Day Camp,

- 3 Day U12/14 Camp, May 25-27
- 3 Day U16 and Older Camp, May 25-27
- 5 Day U16 and Older Camp, May 23-27

Memorial Day Camp is an MBSEF, PNSA, and US Ski Team tradition. The camp is a short, focused, weekend of on snow training, technique, and skill development. Yes the US Ski Team will be training here through camp. Olympic Gold Medalist, Jessie Diggins and the US World Junior Championship Gold Medal relay team and all the other great American skiers will be on the trails. Bring your sharpie and things to sign.

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Camp will include three to five days of skiing, and two to four days of dryland.

The three day Memorial Day Camp is open to junior skiers born in 2008 or before. The five day camp is only open to skiers born in 2005 and before.

On Monday camp will finish around noon.

The price includes coaching, wax, trail passes, and daily transportation from MBSEF to training.

Skiers moving up to U16 next season can choose if they want to ski with the U12/14's or Olders.

Cost:

- 3 Day \$135,
- 5 Day \$200.

For the Memorial Day weekend camp we will be joined by 16 year member of the US Ski Team star Andy Newell as our lead coach for Saturday and Sunday training. Andy is one of the founders and owners of [Nordic Team Solutions](#).

Here's some of Andy's bio from their site:

"Andy Newell is a 4x Olympian and 16 year member of the US Ski Team. His passion for ski training and racing has brought him to the start line of over 200 World Cup races and to several World Cup Podiums. Newell believes in being a student of the sport and continuing to learn the latest in training theory while keeping things simple, fun, and straight forward. Considered one of the best technical skiers in the World he enjoys teaching technique to skiers of all ages. Newell has an experienced background in ski training, race preparation, strength and conditioning for skiing, mental training, and team building. "

We will also be joined by Bill Hokansen, the Founder and Head Coach of Wasatch Nordic Ski Academy, an independent, high performance junior cross-country ski race team we have always loved training and racing with. Some of Bill's accomplishments include:

- 36 Junior National Championship All-American race results

- 11 Junior National podiums
- 3 individual Junior National Champions
- 5 USST National Elite Group invitations
- 6 current NCAA collegiate athletes

As a reminder, at Memorial Day Camp we will have a designated U14 program each of the three weekend days.

Our Sechedule for the camp will be.

Thursday:

7:30 am: Van Departure for skiing, distance and video

3:00 pm: Afternoon Run

Friday:

7:30 am: Van Departure for skiing, distance and video

3:00 pm: Mountain Bike Ride

Saturday:

7:30 am: Van Departure for skiing, distance and video

3:00 pm: Van for Skate Roll Agility at Kapka Snowpark

Sunday:

7:30 am: Van Departure for skiing, distance and video

3:00 pm: Afternoon Workout on foot.

Monday:

7:30 am: Van Departure for skiing, Overdistance ski. Don't stop for a long long time.

We will do both classic and skating on skis. We will do whatever technique the USST is doing each day. It's better skiing when we all do the same thing. We will skate roll one day.

Packing List:

- Water carrier and bottle.
- Sunscreen.
- Heart rate monitor if you are used to training with one.
- Day pack or bag.
- Healthy snacks.
- Training log.
- Phone. Your phone adds safety, but use it wisely.
- Helmet.
- Classic and skate skis, boots, and poles.
- Roller ski skate skis and poles with roller ferules.
- Running shoes.
- Clothes for sun and a blizzard.

You don't need your best race skis if you have a choice. We aren't racing and the snow is pretty dirty.

We have wax and waxing available.

The 2019 Fire and Ice Camp And Pre-Camp

The annual MBSEF Fire and Ice Camp is June 15-19. It will be a mix of on-snow and dryland training detailed below.

The "The Fire and Ice Pre Camp" will be offered on a one day at a time basis during the last week of school here in Oregon. For the June 8-14 period, Mt. Bachelor will have some of the Nordic trails groomed and clubs with early school release dates will be here skiing. To take advantage of the skiing, we will offer a "Pre-Camp." For the precamp you can sign up for one or all the days to accommodate your schedule. There's more below.

Fire and Ice is open to skiers born in 2007 or earlier. This year F&I will feature a specific age and experience plan for U14's during the week. For the Fire and Ice Camp we will ski June 15th, 16th, and 19th. We will dryland train on the 17th and 18th.

We will meet each day at the MBSEF office @7:45 AM. After a quick meeting we'll jump in the vans for training. At 3PM there will be afternoon dryland training. Afternoon training will generally be easier than AM training. Between workouts skiers will have the choice of going back home, back to their host families, or stay at MBSEF with coaches. Near the MBSEF office are lots of food options including Safeway, pizza, burgers, Mexican food, salads, pancakes, etc.

We will be trying to have you work with different coaches than normal. Part of a camp is not only to train but to develop new ways to look at things, to get fresh eyes on your technique, and new ideas for your training.

Within camp we will have a strength test, uphill running time trial at Smith Rock, and a double pole time trial.

A limited amount of host housing will be available with MBSEF families. Contact me if you are interested in hosting or being hosted.

When registering remember to select your T-shirt size. Email: dan@mbsef.org for more information.

In addition, we'll offer a Fire and Ice on snow "Pre-Camp" for those that are out of school from the 8th to 14th. We will send a van or two up at 7am each day with one or more vans running down to get local skiers to school. We'll have afternoon workouts each day at 3:15. Pre-Camp will cost \$30 a day and include the summer rate trail pass, coaching, transportation, wax, and an afternoon workout. You register by day as part of the Fire and Ice registration and you just pick your days.

We have wax and waxing available.

During the Pre-Camp we will share the trails with teams from Sun Valley, Bozeman, Steamboat, Vail, Salt Lake, and more. Teams from Alaska and Vermont were considering coming though I don't know the final details.

Registration for Memorial Day and Fire and Ice camps are open online at mbsef.org. Click on On-Line Registration and then Camps.

This is going to be a great summer of training and adventures.

Call, text or email if you have questions.

Thanks,

Dan Simoneau
MBSEF Nordic Program Director
dan@mbsef.org
541-350-9126

