

Women's Specific Skate Roller Ski Clinic

(inspired by the Lapham Ladies)



After several successful clinics last season, XC Ski Alliance and CXC athletes, Maria Stuber and Bryan Cook, are back with new ways to achieve and ingrain proper technique. The women only clinic format is successful, because it creates an intimidation-free environment where ladies are more likely to ask questions and step out of their comfort zones. The roller ski clinic will focus on summer training and roller skiing technique that translates easily to skiing on snow. The purpose is to help southern Wisconsin women learn world-class technique, expand training ideas, and improve skiing confidence.

Maria and Bryan are from Wisconsin, graduated from Northern Michigan University, and currently ski for the CXC Elite Team. They will use their top level, continental and international racing experience to help you improve your technique and share training and racing insights, as they continue their quest for the 2010 Olympics.

- Where:** Lapham Peak State Park lower parking Lot
When: Thursday, June 25, from 6 PM to 8 PM
Who: Female Nordic skiers (all ability levels are welcome, but roller skis and a helmet are required!!!)
Cost: \$50



***All proceeds from this camp will go directly to helping Maria and Bryan cross-country ski train and race full-time in the 2009/2010 season. Your support is greatly appreciated. For questions please contact info@xcskialliance.com.