

# Fall XC Ski Training Camp

OCTOBER 20-22, 2017  
ORILLIA

*"Practice like a champion!"*

Age group: 12-15 year old

Register on [www.zone4.ca](http://www.zone4.ca) till October 19, 2017

**Registration Fee: \$70.00**

Free for members of Lifeski Academy Ski Club

Food and accommodation is not included

Coaches: Katerina and Petr

**SCHEDULE:**

*DAY 1:* Hardwood - Run, Gen. Strength, Stretching/ Ski Swap

*DAY 2:* a.m. Orillia Twin Lakes – Testing – Strength, Speed, Flexibility,  
p.m. Roller Ski - Drills, Balance, Agility, Distance

*DAY 3:* a.m. – Moonstone - Games, Ski Walking Intervals  
p.m. Horseshoe Resort –Games, Distance Run, Wrap-Up

Athletes are expected to participate in the full program!

For more info e-mail to: [lifeski.academy@gmail.com](mailto:lifeski.academy@gmail.com) or text to 705-325-6326

