

Ogden Nordic Competition Ski Team

Last Updated Monday, 22 October 2007

The Ogden Nordic Competition Team is open to experienced skiers ages 13 and up who are interested in mastering their Nordic ski technique (both classic and skate skiing), developing good training habits, learning how to wax skis and competing in cross country ski racing. These junior skiers are prepared to compete in local, and regional skiing competitions throughout the winter.

Although the Competition Team training program is structured for competitive skiers, it is available for those skiers who want to master good ski technique, develop superior physical fitness, and train in a positive team environment. The Competition Team meets four times a week and races on weekends during the winter months.

As with many endeavors in life, to be a successful Ski Racer requires the participation and support of family. Parents are asked to join Ogden Nordic, and help at with at least two races, or fund raising events throughout the year. Parents are encouraged ski while their child is training with the team, help with transportation, or bring hot drinks and snacks after the session.

Skier choosing to race the WCS series are required to join TUNA (Family membership is \$40, individual membership is \$30.00). The team fee will be as follows; \$35 for Under 12 Ski Team, \$65 for intermediate and \$125 for advanced skiers. For Further Information: contact Paul Stromberg at (801) 786-0906 e-mail nordicdogzz@msn.com This e-mail address is being protected from spam bots, you need JavaScript enabled to view it .

Competition Schedule

Members of the Development Team are encouraged to participate in as many competitive ski events as possible during the season. For a full list of the events scheduled for this season, go to the Ogden Nordic Club Calendar.

Winter Training

The skills that will be introduced and hopefully mastered by the skiers are: classic and skate technique, down hills, up hills, turning/cornering, racing, touring, and basic telemark skills. Winter training begins in September with dry-land training for fitness and technique improvement. During the race season coaches continue to help junior athletes by guiding training and by providing race support. The Competition Team meets four times a week during the winter months (T / W / Th / F). Training time is targeted for approx 3:45 to 5:30 depending on the availability of coaches.

Required Equipment: Each participant will need an adequate pair of skis(skate and classic), good boots(skate and classic), and poles(skate and classic). Warm clothing, including HATS and GLOVES(very important!) is a must - temperatures on January evenings can be below zero degrees. Coaches suggest that participants bring an extra set of dry clothing to practice and events to change into after the session in the event that the skier gets wet.

Race suits may be purchased separately. Contact a coach for advice on purchasing equipment. Some great junior equipment can be found at Canyon Sport on Riverdale Road in Riverdale, Wild Rose Sports in Salt Lake, and Wasatch Touring in Salt Lake. The experienced staff at these stores will help you with sizing equipment.

Training in the winter focuses on improving ski technique and on training for competitions. The winter ski program includes weekly dry-land and on-the-snow training sessions, in addition to travelling to local and regional ski races with the team and coaching staff.