

**Late Summer XC Ski Training Camp**  
**September 7-9, 2018**  
**Orillia**

*"Come to challenge yourself, improve your skills and have fun with your friends."*

**Age group: 12-15 year old**

Register on [www.zone4.ca](http://www.zone4.ca)

Registration is open till September 6, 2018

Registration Fee: \$75.00, free for members of Lifeski Academy

Food and accommodation is not included

Coaches: Katerina and Petr

**SCHEDULE:**

*DAY 1:* p.m. YMCA Orillia - Run, Gen. Strength, Plyometrics, Stretching

*DAY 2:* Oro - Bayview Mem. P. - a.m. Run, Games, Critical Running Speed & Spec. Strength  
p.m. Roller Ski (drills, balance, agility, double poling, distance)

Evening: Stretching

*DAY 3:* Horseshoe V. Nordic Centre - a.m. Run, Games, Hill Pole-Run Intervals  
p.m. 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 249 385 6727