

FAR WEST NEWS

Far West Nordic Ski Education Association
 P.O. Box 10046 • Truckee, CA 96162
 Phone: (530) 587-0304
 www.farwestnordic.org

Autumn, 2005



GOT SPENST?

Harness your Ski Explosive Power by Mark Nadell



Far West Coach Nancy Fiddler demonstrates her expert Spenst exercise techniques.

Tired of the same old workout routine to get your body in shape for the upcoming ski season? Had enough of those long, boring roller skis or rainy day gym workouts on the elliptical trainer? If you've recently seen a group of young athletes bounding up a steep slope or jumping around on the grass of a soccer field, you've probably witnessed a form of Spenst workout. This is a type of exercise that's guaranteed to take time off your ski race results, and it will put you ahead of your competition at the next 10K.

We all know that skiing is an aerobic sport, and you need a good base of long distance workout to excel. But nordic skiing, even more than running or cycling, is also a power sport, where every stride necessitates a mini "explosion" of effort to drive

our body up the trail. So just going out and training at a steady-state effort for an hour or two won't do much for developing that power.

The term "Spenst" comes from Norway, and means *vertical jump*. For our purposes, a spenst workout is exercise that develops ski-specific explosive power. There are two important elements to Spenst training. Obviously, developing sheer muscle

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IT'S AUCTION TIME!

November 5, 2005 in Squaw Valley

Back for its 4th year at Olympic Plaza Food & Beverage Company's BAR ONE in Squaw Valley, Far West Nordic's Auction/Raffle Party will be held on Saturday, NOVEMBER 5 at 6 pm. Once again, this is the "Can't Miss" FUN EVENT of the season for anyone interested in cross country skiing in California and Nevada. This year's Auction and Raffle prizes promise to be some of the best in history, with ski equipment from Fischer, Salomon, Swix, and many more, plus great prizes from XC Ski Areas, bike shops, local restaurants, and lots of gear and goodies. As always, this is Far West Nordic's largest fundraiser for its Junior Nordic programs. Please plan on attending and bidding on some of our great prizes. Tickets are available from local Junior racers (each Junior receives a percentage of their sales to their "Far West Bucks" account for camps and trips) or contact the Far West Office (inf@farwestnordic.org or (530) 587-0304). There will also be a LIMITED amount of tickets available at the door. Auction prize updates will be available on our website at www.farwestnordic.org, so check it out!



LOG ON FOR THE LATEST NEWS...

WWW.FARWESTNORDIC.ORG
 Download this newsletter in living color!
 Keep up with all the happenings
 in the sport of Cross Country Skiing!

**Next Far West Nordic
 BOARD MEETING**

**Monda, October 10, 7pm
 Wild Cherries, Truckee**

DIVISION NEWS

**JOIN FAR WEST NORDIC
 FOR 2005/2006!**

WE NEED YOUR MEMBERSHIP!!

If you are receiving this newsletter in the mail, and you DON'T get a 2005/2006 Membership Card with it, that means it's time to re-join Far West Nordic and support cross country skiing in the West. Fill out our application form or go on-line to www.farwestnordic.org to join.

Membership comes with lots of great discounts and privileges, including discounts at most XC ski areas, our regular newsletters (including our annual NORDIC NEWS), eligibility for the Sierra SKI Chase, and much more. Remember: your membership is IMPORTANT for us to fund our programs! Please support our efforts (including our WEBSITE) by sending in your membership form today.

Junior Skiers: Here's your chance to join Far West Nordic — it's the only way to be eligible for great clinics and camps! It's only \$10 for a Junior membership — **JOIN TODAY!**

ON-LINE PAYMENTS AVAILABLE

Go to our website to pay for all your memberships, camps, trips, & clinics!

FAR WEST NORDIC UPCOMING JUNIOR CAMPS & TRIPS

Thanksgiving Week Junior XC Ski Training Opportunities: West Yellowstone & Local Camps



Junior Olympic athletes train by climbing 12,600 ft. Mt. Conness in Yosemite National Park

Far West Nordic just completed another incredible summer of Junior Training Camps, where young athletes from 12 years old to 20 learned xc ski skills and developed training disciplines. From the high-level Regional Elite Group camp in June, to our Easter Sierra June Lake camp in July, the new Tuolumne Meadows Yosemite Camp and our Bliss State Park Lake Tahoe camp for younger athletes in August, this has been one of the most productive summers for our young athletes.

FAR WEST NORDIC THANKSGIVING TRAINING CAMPS:

Far West will sponsor a local training camp on Friday Through Sunday of Thanksgiving weekend, November 25-27th. The camp will be open to any Far West Juniors aged 13 and above. Cost will be \$20 per day or \$50 for all three days and will include two training sessions per day, lunch, coaching and video. ASC Comp and Devo team members receive 5 dollar per day discount (\$15 per day or \$35 for all three.) The idea will be to be on snow, or dry-land if no snow is available. Location will depend on snow but possible locations are Royal Gorge, ASC, or other snowy areas in North Tahoe.

WEST YELLOWSTONE THANKSGIVING TRAINING & RACING

Far West will offer a trip to West Yellowstone, Montana over the Thanksgiving week as an on-snow training camp and to participate in the Super Tour Freestyle Sprint on November 25th and the Super Tour 10k classic race on November 26th. This trip is geared towards highly motivated racers who are interested in getting in some big race starts before US Nationals. Motivated juniors 14 and above who are interested in lowering their USSA point profile, getting some quality race experience, and getting good early on-snow time are encouraged to attend. If this sounds too intense for you consider the excellent local training camp in Tahoe which will be training focused instead of race focused. West Yellowstone trip dates and costs are still being worked out but trip will probably run November 20-26 and costs will probably be in the 700-800 dollar range. Check the Far West website for updates on dates and cost.

PRE-2005 FAR WEST NORDIC RACING LYCRA SUITS AND WARM-UP JACKETS FOR SALE

The classic yellow, purple, and green races Far West race suits were retired in 2005. We still have some of these great suits and jackets that we are selling to any Far West juniors who want a cool race suit or jacket. These are no longer the official suit of the team but are still great suits for training and local races. Lycra two piece race suits are 20 dollars and VO max warm up jackets are 20 dollars. This is a great deal! Contact coach Ben at skubsnax@sbcglobal.net or the Far West Office at info@farwestnordic.org, (530) 587-0304. Stock is limited.

SOLDIER HOLLOW JR. RACE TRIP: JANUARY 26-29, 2006

For the second year, Far West will lead a trip to the popular Super Junior Olympic Qualifiers at the 2002 Olympic venue in Soldier Hollow, Utah. Although **this is not** an official Far West JO qualifier (as it was last year), it ends up being great high-level race experience and a really fun trip. Check the website for full details soon.

2006 JUNIOR OLYMPIC QUALIFIER SCHEDULE

December 18	Sunday	Paco's Fun Race	Auburn Ski Club Training Center	Freestyle 10/5 km.
January 14	Saturday	ASC Sprints	Auburn Ski Club Training Center	1k Classic Sprint Format
February 5	Sunday	Allan Bard Classic	Tamarack Lodge, Mammoth Lakes	Classic 15/10/5 km.
February 18	Saturday	CNISSF States	Auburn Ski Club	Freestyle 6 km.

CNISSF 2005/2006 RACE SCHEDULE

December 16, 2005	Friday	ASC Relays	ASC Training Center	Freestyle
January 13, 2006	Friday	Kirkwood Freestyle	Kirkwood XC	Freestyle
January 20, 2006	Friday	THS Freestyle Sprints	Truckee High School	Freestyle
February 3, 2006	Friday	Tahoe City (Varsity Pursuit)	Tahoe XC	Classic/Freestyle
February 10, 2006	Friday	Mammoth Classic	Tamarack Lodge XC	Classic
February 17, 2006	Friday	State Championships: Classic	ASC Training Center	Classic
February 18, 2006	Saturday	State Champs: Freestyle Pursuit	ASC Training Center	Freestyle

DECEMBER MASTERS CLINIC SERIES

Masters Kick off 2005-2006 Ski Season with Autumn Clinics

This December, Far West Masters can fine tune their training and technique with three on-snow clinics. You must be a 2005-2006 Far West Nordic member to participate in these fantastic clinics. Sign up for memberships and clinics on the Far West Web site

Kicking off the ski season on **Saturday December 3** is the return of the wildly popular **Double-Take Video Classic Clinic**. **Glenn Jobe** and **Anna Voegele** will once again treat Master skiers to a day of their striding wisdom. Don't miss out.

On **Sunday December 11**, UC Davis Sports Medicine and Far West Nordic Ski Education Association are offering their long-anticipated **Lactate Testing and Performance Enhancement Clinic**. The UC Davis Sports Medicine team, including **Dr. Max Testa**, will lead Masters through a series of ski intervals where they will test individual blood lactate thresholds. They will review each test and recommend an individualized training program designed around each participant's goals and results.

The day includes a wealth of other activities such as a skate technique session, tips and tricks for waxing, and lunchtime talk on nutrition, sports psychology, and injury prevention. The cost of \$175.⁰⁰ per person is far below the normal price for this kind of testing, but your Far West membership affords this exceptional benefit. The lactate clinic is limited to 15 Far West Masters, so sign up early!

Capping off the Masters clinic series is a **Skate Clinic** with top Master racers (and Junior coaches) **Ben Grasseschi** and **Jeff Schloss**. Refine your skate technique and racing strategies with the best skaters around. You'll be a better skier after just a few hours with Ben and Jeff. Stay tuned to the Far West Web site as the date will be posted as soon as possible.

Also, Ben Grasseschi will be running season long Masters Training Groups at ASC on Thursday & Saturday mornings. Check out www.auburnskiclub.org for details.

SPENST TRAINING CONTINUED...

power is a large part, but it's also important to train your body position and develop proper technique that will allow you to apply this power.

To perform a Spenst workout, you should do a proper warm-up by running or hiking for at least 15 to 20 minutes, and end at the base of a hill with a moderate and consistent grade. Definitely take the time to stretch a bit and get your muscles ready for the next phase. Now is also a good time to perform some technique drills. Spenst efforts should be short and to the point — 10 seconds or so each:

Classic Arm Swing: with your feet shoulder width, flex your ankles and knees and bring your hips forward, and roll your shoulders slightly. Next, swing your arms as if you were classic skiing, being sure to move loosely at the shoulders. Add some **Balance Drills** by alternating standing on one foot, and then add a leg drive to the equation. Then add in some easy ski walking up the hill, attempting to mimic the classic ski stride as much as possible.

The next step is to add **Single Leg Classic Hops**. Balance on your right leg and put your left arm forward as if you were gliding on your right ski. Next, drive your left leg and right arm forward and jump forward off your right leg, a sharp and powerful effort. Repeat six to ten times, at least 2 to 3 sets on each leg.

Ski Walking to Bounding: Start by ski walking up the hill

with a fast turnover, making sure to keep your hips forward, driving your legs and arms forward. After a few repetitions of these, throw in a couple of sets of ski bounding. Remember, the idea is explosive power, so try to get as much distance as possible up the hill, remembering to keep your body position in good nordic fashion. Both of these drills can be done with or without classic-length (or shorter) ski poles.

For skating, start out again with a **Static Drill** by putting yourself in a skate position, with your center of gravity low and your hips forward. Alternate balancing on each foot for 30 seconds or so. Then add in a complete weight transfer to each foot, eventually moving on to an explosive version by jumping hard off of one leg and landing in good skate position on the other. The next exercise really develops **Explosive Power**. Stand on the hill sidewalls to the slope so the hill rises to your left. Bring your right foot across and plant it in front/above your left foot and jump explosively off the right so you land up the hill. Land on your left foot, then repeat a series of 10 jumps on each leg. Add an arm-swing to mimic the skating motion.

The idea with Spenst is to make it quick, make it explosive, and make it fun to do. Add in your own variations, making sure to start slow and develop your power gradually by warming up well and stretching. Then when you get on the snow, you'll see that hard work pay off by feeling your skis power up the hill with more strength and speed than you could have ever developed in the gym.

Thanks to Justin Freeman and SkiPost.com for information for this article.

DECEMBER'S FAR WEST NORDIC RACE SCHEDULE

START OFF YOUR SEASON STRONG WITH SOME OF THESE GREAT LATE-AUTUMN NORDIC RACES!

December 4, 2005	Sunday	Kirkwood 10 K	Kirkwood XC	Freestyle 10 km.
December 11, 2005	Sunday	Tannenbaum Classic	Tamarack Lodge	Classic 10 km.
December 18, 2005	Sunday	Paco's Fun Race	ASC Training Center	Freestyle 10/5 km.

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2005/2006 FAR WEST MEMBERSHIP FORM

Register NOW for 2005/2006! Or use your credit card to register on-line at www.farwestnordic.org!

Far West Membership Year runs from September 1, 2005- August 31, 2006. MAIL TO: FWNSEA, P.O. BOX 10046, TRUCKEE, CA 96162

LAST NAME(S): _____

FIRST NAME _____ BIRTH DATE _____

FIRST NAME _____ BIRTH DATE _____

FIRST NAME _____ BIRTH DATE _____

FIRST NAME _____ BIRTH DATE _____

FIRST NAME _____ BIRTH DATE _____

FIRST NAME _____ BIRTH DATE _____

MAILING ADDRESS _____ CITY _____

STATE _____ ZIP _____ PHONE _____ E-MAIL _____

INDIVIDUAL (ADULT) MEMBERSHIP \$20

FAMILY MEMBERSHIP (2 or more immediate household family members or Jr. Dependents) \$35

JUNIOR MEMBERSHIP only (single member under 21) \$10

DONATION to the Far West Junior Program (Tax Deductible) _____

DONATION to the Far West "Future Fund" Program (Tax Deductible Endowment) .. _____

TOTAL ENCLOSED (Enclose Check or fill out Credit Card info - No Debit Cards)..... _____

Check this box for Coach Membership

I can help with: Auction & Raffle Races (course set-up) Junior Trips/Camps

Far West Nordic would like to send your newsletters and information to you in electronic format. This would save hundreds of dollars a year that we could then put into our Junior Ski Programs. If you would like us to send you information via e-mail, please check this box so we may contact you.

Far West may occasionally sell our mailing list to Ski Industry Organizations and/or manufacturers. If you do NOT want your name included on this list, please check...

CREDIT CARD NUMBER (MC/Visa - No Debit Cards, Please) _____

EXPIRATION DATE _____ NAME ON CARD _____

CARD's BILLING ADDRESS (If different from above) _____

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