

RAINBOW RESORT® presents

## JUMP START YOUR WINTER: Nordic Kick-Off Camp!

with the **CXC Ski Team**



October 26-28, 2007  
RAINBOW RESORT®, MN



cxcskiing.org  
rainbowresort.com



**COME TRAIN WITH US!**

Jump start your winter with the CXC Ski Team at RAINBOW RESORT® for a weekend of intense training and extensive one-on-one technique work. Join us at the **Nordic Kick-Off Camp!**

### Camp Fees

\$200 for junior skiers

\$350 for master skiers

Costs include lodging, coaching support, technique instruction, two dinner meals, and a complementary CXC Ski Team "goody bag" with a CXC Ski Team instructional Nordic skiing DVD, ski ties, and a water bottle.

### Lodging

Coaching staff and athletes live in modern 2-, 3-, and 4-bedroom, family-style vacation lake homes furnished with full bathrooms, living rooms, complete kitchens (including cooking and eating utensils), and dining areas. Cabin interiors are lined with knotty pine and large picture windows providing fantastic lakeshore views.

### Meals

#### Two group dinners included in camp package:

Friday night • pasta dinner with salad, whole-grain bread, beverages, and dessert.

Saturday night • taco dinner with chicken or beef, whole wheat tortillas, beans, Spanish rice, vegetable fixings, beverages, and dessert.

#### Optional complete meal package: additional \$40.00

Includes group dinners, plus breakfast and lunch on both Saturday and Sunday, provided by the RAINBOW RESORT® Lodge. Breakfast meals generally consist of pancakes, eggs, and fruit, and lunches include soup, sandwiches, and pizza.

*Note: Resort cabins have furnished kitchens with cooking and eating utensils. Athletes may choose to prepare their own meals.*

## JUMP START YOUR WINTER: Nordic Kick-Off Camp! REGISTRATION

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Sex \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_

Junior or Master skier (circle one)

Phone \_\_\_\_\_

Email \_\_\_\_\_

Club Affiliation \_\_\_\_\_

Complete meal package option

☐ yes

☐ no

*A liability form must be signed to participate at the Nordic Kick-Off Camp. Download or print a form at <http://cxcskiing.org/liability.pdf>*

### Registration Fees

Junior Skier \$200 \$ \_\_\_\_\_

Master Skier \$350 \$ \_\_\_\_\_

Optional meal package \$40 \$ \_\_\_\_\_

Total Amount of Payment: \$ \_\_\_\_\_

### Payment Method

☐ check (payable to CXC Skiing)

☐ Mastercard ☐ Visa

Acct. # \_\_\_\_\_ Exp. \_\_\_\_\_

Name on card (please print) \_\_\_\_\_

**Registration deadline is October 12;** all registration received after October 12 will be based upon camp availability.

If not registering online, mail registration form to camp coordinator:

Johanna Winters  
1575 Northrop St.  
Falcon Heights, MN 55108  
johanna.winters@gmail.com



## Train with the CXC Team at RAINBOW RESORT



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HIGH SPEED FERRY

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SKIER

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PROJECT

EXEL  
THE POWER OF POLY

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### Camp Schedule

Friday, October 26

**5:00-6:00pm** • participant check-in

**6:00pm** • group dinner \*

**7:00pm** • CXC Team introductions, Cross Country Skier DVD and slideshow presentation

Saturday, October 27

**7:30am** • warm up, stretch, isometric strength session conducted by CXC athletes; breakfast following morning strength session

**9:30am** • participants split into small groups with CXC coaches; skate dryland technique followed by short rollerski/circuit strength session

**Noon** • lunch

**4:00pm** • small group classic dryland and rollerski technique/drills followed by short rollerski on nearby county roads or run on Junior Olympic Qualifier race course

**6:30pm** • group dinner \*

**8:00pm** • discussion on training principles delivered by CXC Ski Team Head Coach Bryan Fish

Sunday, October 28

**7:30am** • warm up, stretch, isometric strength session conducted by CXC athletes; breakfast following morning strength session

**9:30am** • participants split into small groups for skate dryland technique and brief rollerski; sprint relays at end of session

**11:30am** • lunch and departure

\* As indicated, group dinner meals are included in the camp package and are provided by the Rainbow Resort Lodge. Breakfast and lunch are part of an optional meal package at an additional cost.

**RAINBOW RESORT®** is a year-round vacation resort located on the Western slopes of the Laurentian Divide, and 23 miles East of the town of Waubun, MN. Situated on Little Bemidji and Big Elbow lakes, the resort is surrounded by a network of forested groomed trails spanning many miles, and encompasses more than a mile of shoreline.

**RAINBOW RESORT®** includes a lodge as well as a recreation center. Just a ½ hour away is beautiful Itasca State Park and the headwaters of the Mississippi. Tamarac National Wildlife Refuge is a few miles from the resort.

**The CXC Ski Team**, the 2007 USSA Cross Country Club of the Year, is an Olympic Development Program. It creates an opportunity for top post college Midwest and other U.S. cross country skiers to continue to enhance their performance in both national and international competitions.

#### Vision

The vision of the CXC Team is to close the gap between junior and senior athlete's development by providing professional world class training and coaching opportunities. The vision objectives are critical elements toward the drive for the United States Ski Team's achievement of Cross Country Olympic excellence.

#### Mission

The mission of the CXC Team is to make the vision a reality by selecting, training and supporting a team of world-class athletes and by involving those athletes in the regional ski communities. The team will deliver role models, ski specific education and motivational support for young athletes throughout the Midwest.

#### The CXC Team is

Head Coach Bryan Fish, 2007 USSA Development Coach of the Year, and 2007 USSA Cross Country Domestic Coach of the Year;

Athletes Brian Gregg, Garrott Kuzzy, Matt Liebsch, Kristina Owen, Andre Watt, and Johanna Winters