



2023-24 Winter Park Competition Center Nordic Program

Nordic Development Programs: Learn to Ski Programs, based on FUNdamentals

These programs offer several introductory cross country skiing opportunities for children to learn skiing skills via games and short distance skiing. We will focus on Classic Skiing the first sessions; and then introduce Skate Skiing the second half of the Learn to Ski Programs.

- **NEW Program: Ski for FUN: 1-Day Saturday Program / AGES 5-13**
- **13 Saturday Sessions: January 6 - March 30, 2024 / 10:00-11:30 AM**
 - GREAT for kids looking to get outside and have fun while learning about Nordic skiing.
 - SKILL Level: For youngsters with beginning balance, strength, & endurance capabilities.
 - Athletes will ski 2-4 kilometers each session
 - Each session will have a game like atmosphere
- **Ski for SPORT Introduction: 1-Day Saturday Program / AGES 8-15**
- **18 Saturday Sessions: December 2, 2023 - March 30, 2024 / 10:00-12:00 PM**
 - GREAT for kids who are looking to stay active and have fun while developing skills.
 - SKILL Level: For skiers ready to incorporate more technical and tactical skiing skills and are interested in Nordic races, events, and obstacle skill courses.
 - Athletes will ski 5-10 kilometers each session
 - Each session will have a game like atmosphere
 - Athletes will participate in several Nordic events at Snow Mountain Ranch
- **Ski for SPORT Introduction: 2-Day Program: Saturdays & Sundays / AGES 8-15**
- **36 Sessions: Saturdays & Sundays: December 2, 2023 - March 31, 2024 / 10:00-12:00 PM**
 - GREAT for kids who are looking to stay active and have fun while developing skills.
 - SKILL Level: For skiers ready to incorporate more technical and tactical skiing skills and are interested in Nordic races, events, and obstacle skills courses.
 - ADDITIONALLY, participants in the 2-day program must have an interest in learning about training and skill development for Nordic ski racing.
 - Athletes will ski 5-14 kilometers each session
 - Each session will have a game like atmosphere
 - Athletes will participate in several Nordic events at Snow Mountain Ranch
 - Athletes will have an opportunity to participate in JNQ races



Enjoy the Winter – It's all about having FUN on Skis!



Nordic Competitive Development Team: [Learn to Compete Program - Skiing as a Sport](#)

This program teaches skiing as a sport, and focuses on training and racing skill development. The goal of this program is to have fun and develop lifelong skiers; the techniques and skills acquired during this program will help athletes gain strength, endurance, and confidence.

- **3-Day Program: Fridays, Saturdays, and Sundays / [AGES 9-13](#) / 10:00 AM - 12:00 PM**
- **57 Sessions: Fridays, Saturdays, & Sundays: December 1, 2023 - April 7, 2024**
 - Athletes will be introduced to sports psychology, training and goal plans, race ski preparations, racing tactics & strategies, and building team culture.
 - Athletes will learn about fitness & training, ski fitting, glide testing, waxing, and gear management.
 - Athletes will participate in the Rocky Mountain Nordic JNQ race weekends.
 - Racing and time trials are an intricate part of this “Skiing as a Sport” program.

Nordic Competitive Race Team: [Train to Compete Program – Teamwork & Competition](#)

The goal of this program is to have fun and develop lifelong skiers; the techniques and skills acquired during this program will help athletes gain strength, endurance, and confidence. Athletes will continue to focus on fundamentals, with increased attention on training plans and competition; includes JNQ race weekend waxing, planning, & race support.

- **3-Day Program: Fridays, Saturdays, and Sundays / [AGES 14-19](#) / 10:00 AM- 12:00 PM**
- **57 Sessions: Fridays, Saturdays, & Sundays: December 1, 2023 - April 7, 2024**
 - Athletes will learn about physiology and exercise, goal setting practices, race ski preparations, racing tactics & strategies, and building team culture.
 - Athletes will learn about training plans, ski fitting, glide testing, waxing, and gear management.
 - Athletes will participate in the Rocky Mountain Nordic JNQ race weekends.
 - Racing & time trials are an intricate part of this “Train to Compete Race Team” program.



[WPCC Nordic Teams = FUN + TEAMWORK + INTEGRITY + EXCELLENCE](#)

Our mission is to provide exceptional programs and events that inspire lifelong enjoyment of mountain sports, empowering people to realize their full potential in life and sports.



In-Season Nordic Academy Team (7-Months): [Train to Compete / Train to Win Program](#)

The In-season WPCC Nordic Academy Team Program is a 7-month training and racing program for dedicated athletes who have a desire to pursue excellence in Nordic skiing.

- **High School / Post Graduate:** 5-6 Days per Week // Weekly Training Plan
 - **September 1st - March 31st**
- **Middle School:** 4-5 Days per Week // Weekly Training Plan
 - **September 1st - March 31st**

Full-time Nordic Academy Team (12-Months): [Train to Compete / Train to Win Program](#)

The Full-time WPCC Nordic Academy Team Program is a year-round training and racing program for dedicated athletes who have a desire to pursue excellence in Nordic skiing. The WPCC Nordic Academy Team Program is designed to help athletes reach the highest possible levels of competition. Athletes will receive an individualized and periodized year-round training plan; the curriculum includes goal setting, strength and conditioning, character building, sportsmanship, and leadership training appropriate for middle school, high school and post-graduate athletes.

- **52-Week Nordic Training Program // May 1st - April 30th // Ages 14-19**
- **Benefits include:**
 - Scheduled spring, summer, and fall training activities
 - Winter training scheduled alongside the Competitive Race Team
 - Athletes will have access to full-time coaches, a comprehensive training plan with emphasis on sports physiology and proper training zones, nutrition advice, strength training, sports psychology, technique work, and JNQ race weekend support.
 - Collaboration between the East Grand School District and the WPCC
 - Athletes will participate in the Rocky Mountain Nordic JNQ race weekends.
 - Racing & time trials are an intricate part of this “Nordic Academy Team” program.
 - Athletes will learn about training plans, ski fitting, glide testing, waxing, and gear management.
- **High School / Post Graduate:** 5-6 Days per Week // Weekly Online Training Plan
 - **Spring:** April + May **Summer:** June + July + August
 - **Fall:** September **Winter:** October thru March
- **Middle School:** 4-5 Days per Week // Weekly Online Training Plan
 - **Spring:** April + May **Summer:** June + July + August
 - **Fall:** September **Winter:** October thru March

[For More Information](#)

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2023-24 Winter Park Competition Center Nordic Program Costs

Full-Time Academy - High School Athletes

05/01/2023 - 04/30 2024 (12-months)

\$4,925

In-Season Academy - High School Athletes

09/01/2023 - 03/31 2024 (7-months)

\$4,225

Competitive Race Team - Ages 14-19 (U16, U18, & U20 Athletes)

12/01/2023 - 03/31 2024 (4-months)

Fridays, Saturdays, & Sundays

\$2,275

Full-Time Academy - Middle School Athletes

05/01/2023 - 04/30 2024 (12-months)

\$4,225

In-Season Academy - Middle School Athletes

09/01/2023 - 03/31 2024 (7-months)

\$3,525

Development Race Team - Ages - Ages 10-13 (U12 & U14 Athletes)

12/01/2023 - 03/31 2024 (4-months)

Fridays, Saturdays, & Sundays

\$1,975

Ski for Sport - Development Team - Ages 9-16 Athletes

Saturdays & Sundays

12/02/2023 - 03/31/2024 (4-months)

\$1,425

Ski for Sport - Development Team - Ages 9-16 Athletes

Saturdays Only

12/02/2023 - 03/31/2024 (4-months)

\$825

Ski for FUN - Beginner Development Team - Ages 5-14 Athletes

Saturdays Only

01/06/2024 - 03/30/2024 (3-months)

\$625