



2024-25 Winter Park Competition Center Nordic Program

Nordic Learn to Ski Programs, based on FUNdamentals

These two programs are designed as introductory Nordic skiing options for children wanting to learn Nordic skiing skills via games and short distance skiing. We will focus on classic skiing technique during the first sessions; and introduce skate skiing as balance and agility skills are mastered.

- **Ski for FUN (Introduction to Nordic Team): 1-Day Saturday Program / AGES 5-13 January 4 - March 22, 2025 / 10:00-11:30 AM 12 sessions / \$625.00** ○ GREAT for kids looking to get outside and have fun while learning about Nordic skiing. ○ SKILL LEVEL: For youngsters interested in learning balance and Nordic skills. ■ Athletes will ski 2-4 kilometers each session
 - Each session will have a game like atmosphere
- **Ski for SPORT (Development Team): 1-Day Saturday Program / AGES 8-15 December 7, 2024 - March 22, 2025 / 10:00-12:00 PM 16 sessions / \$825.00** ○ 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 have the *option* to participate in Nordic events at SMR

Competitive Development Team: 2-Day Program: Saturdays + Sundays / AGES 10-15

December 7, 2024 - March 23, 2025 / 10:00-12:00 PM 32 sessions / \$1,425.00 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. This program teaches skiing as a sport, and focuses on training and racing skill development.

- 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, athletes will be introduced to sports psychology, training and goal plans, race ski preparations, racing tactics & strategies, and building team culture.
- Athletes *will* participate in Nordic events and races at Snow Mountain Ranch ● Racing and time trials are an intricate part of the “Nordic Development” team program.



Competitive Race Team (JNQ Race Team): 3-Day Program: Friday - Sunday / AGES 14-19 December 6, 2024 - March 23, 2025 / 10:00-12:00 PM 48 sessions / \$2,275.00 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.

- 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 the “Nordic Race Team” program.

In-Season Nordic Academy Team: 5-6 Day Program: Tuesday - Sunday / AGES 14-19 October 1, 2024 - March 23, 2025 / Times TBD / 140-150 sessions / MS \$3,525.00 HS \$4,225.00 The In-season WPCCC Nordic Academy Team Program is a 6-month training and racing program for dedicated high school and post-graduate athletes who have a desire to pursue excellence in Nordic skiing. 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.

- 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 the “Nordic Academy 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.

[For More Information](#)

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