THANKSGIVING CAMP
2019–2020

Thursday, November 28 - Sunday, December 1

CB Nordic
www.cbnordic.org
SPECIAL THANKS TO

ARTS IN CRESTED BUTTE

FOR MAKING THE THANKSGIVING CAMP POSSIBLE!
WHAT CLINICS SHOULD I TAKE?

NEVER EVER
• Never been cross-country skiing.
• Start your Nordic journey right with an Introductory clinic that will give you the fundamentals of cross-country skiing.

LEVEL 1 - BEGINNER
• Comfortable on skis and Green trails.
• Probably learned a few tips from a friend but want to get some proper education.
• Struggle going up and down any type of hill.

LEVEL 2 - INTERMEDIATE
• Typically ski on Blue/Green trails.
• Participated in our intermediate groups in past camps, clinics, or Masters courses.
• Find steeper terrain challenging.
• Struggle to maintain speed in variable terrain.
• Ready to expand your skiing techniques to include V1 and V2 in skate, double poling in classic.

LEVEL 3 - ADVANCED
• Want to be a technically proficient skier, but aren’t primarily focused on speed or competition.
• Comfortable skiing most terrain.
• Have a solid fitness base with the ability to ski 10K or more each day.
• Classic skiers must have waxable or twin-skin style skis and be familiar with diagonal striding and double poling.
• Skate skiers should be familiar with and understand V1 and V2 skate technique.

COMPETITIVE RACING
New for this year is a special set of sessions geared specifically for skiers looking to race competitively. On and off snow segments will cover advanced techniques for building power and speed on your skis. Race day preparation, nutrition, course reading, and mass start strategies are just a few of the topics to be covered.
• Focused on increasing speed and power.
• Skiers should have a solid base of fitness and plan to ski 10-20K each day.
• You are comfortable on any trail in any conditions.
• You are familiar with all techniques.

Questions? Contact us at skischool@cbnordic.org.
ROUND ROBIN REFRESHER
Thursday November 28
9 a.m. - 11:30 a.m.

The Round Robin Refresher is a fun way to get back onto skis and refresh your muscle memory. Participants of all ability levels will practice skills and drills with a variety of instructors – “round robin style”

INTRODUCTORY TECHNIQUE SESSIONS
November 29 & 30
10 a.m. - 12:30 p.m. & 2 - 3:30 p.m.

We offer multiple 90 minute sessions for individuals curious about trying nordic disciplines for the first time. These group lessons will be geared toward introducing “never-ever” participants to basic skate & classic ski techniques. Clinic fee includes: Trail pass & instruction

FULL DAY CLINICS
November 29 & 30
9 a.m. - 3:30 p.m.

Skate & Classic full-day clinics with professional instruction and video analysis for recreational through advanced ability levels. Less experienced skiers will get frequent breaks with refreshment. Video analysis of your technique will be captured and reviewed on snow to maximize your learning experience. Full-day clinics on Friday and Saturday run from 9 - 3:30 with a break from lunch, approximately 5 hours of on- and off-snow instruction. Clinic fee includes: Morning refreshments, soup lunch, trail pass & instruction.
KIDS CAMP
November 29 & 30
9 a.m. - 3:30 p.m.
Lunch 11:30 - 1

Our Kid’s Camp provides kids, grades K – 6th, an opportunity to experience the FUNdamentals of nordic skiing with on-snow games, obstacle courses and winter adventuring! Understanding that younger kids may not be inclined to spend a full day on snow, camper’s will have the afternoon to free play at a local indoor gymnasium. After being served a Mac n’ Cheese lunch at the Nordic Center, kids will be chaperoned by camp instructors to Jerry’s Gym, located at the Town Hall in Crested Butte. Clinic fee includes: Equipment, instruction, lunch, trail pass & gymnasium admission.

U16 JUNIOR TRAINING CAMP
November 29 & 30
9 a.m. - 3:30 p.m.

Join us for 2 days of skills, drills, games and easy distance skiing on Crested Butte’s awesome trail network. This camp is designed especially for young skiers who are not quite ready to join their teammates at the West Yellowstone Camp, but want to get a jump on their technique and fitness for the coming season. Clinic fee includes: Equipment, instruction, lunch, trail pass.
SCHEDULE OF EVENTS

DAY 1

Thursday, November 28

WAX BENCH & EQUIPMENT RENTAL
8 a.m.
At the Nordic Center.

ROUND ROBIN REFRESHER CLINIC
9 a.m. - 11:30 a.m.
Skate Technique.

DAY 2

Friday, November 29

WAX BENCH & FISCHER DEMO EQUIPMENT
8 a.m.
At the Nordic Center.

CAMP WELCOME
8:30 a.m.
Morning refreshments inside the Nordic Center.

FULL DAY CLINICS
9 a.m. - 3:30 p.m.
Offered for classic or skate technique.

KIDS CAMP
9 a.m. - 3:30 p.m.
On-snow and in gym games and adventures.

U16 JUNIOR TRAINING
9 a.m. - 3:30 p.m.
Training camp for young racers.

INTRODUCTORY CLASSIC CLINIC
10 a.m. - 12:30 p.m.
No experience necessary.

INTRODUCTORY SKATE CLINIC
2 - 3:30 p.m.
No experience necessary.

WINE AND WAXING CLINIC
4 p.m.
At the Nordic Center.
WAX BENCH & FISCHER DEMO EQUIPMENT  
8 a.m.  
At the Nordic Center.

CAMP WELCOME  
8:30 a.m.  
Morning refreshments inside the Nordic Center.

FULL DAY CLINICS  
9 a.m. - 3:30 p.m.  
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KIDS CAMP  
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9 a.m. - 3:30 p.m.  
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INTRODUCTORY CLASSIC CLINIC  
10 a.m. - 12:30 p.m.  
No experience necessary.

INTRODUCTORY SKATE CLINIC  
2 - 3:30 p.m.  
No experience necessary.

WINTER KICKOFF CELEBRATION  
6 p.m.  
Downstairs at the Secret Stash

ALLEY LOOP RACE SERIES KIDS RACE  
9:30 a.m.  
1k/3k Youth Skate Race Start.

ALLEY LOOP RACE SERIES RACE #1  
10:30 a.m.  
5k/10k Skate Race Start.
Thank you to our wonderful sponsors of the 2019 Thanksgiving Camp!

**EQUIPMENT SPONSORS**

- **FISCHER**
- **SALOMON**

**LODGING SPONSORS**

- **THE WEST WALL LODGE**
- **THE OLD TOWN INN**

- **CRESTED BUTTE NORDIC**