

**U20 Thanksgiving Camp at Crested Butte Nordic**  
**By Boulder Nordic Jr. Racing Team and Southwest Nordic Ski Club**



Development camp aimed at skiers ages 10-19 who have participated in xc ski racing and training and would like to improve their racing outcomes. Campers will be split by needs, ability, and level as determined at the Thursday Round Robin. Friday and Saturday skiers will rotate with their group through different focus work with each coach. Morning session will focus on technique, tactics, etc. Afternoon session will be racing fitness training for advanced/older skiers and games reinforcing skiing-specific agility for younger skiers. Skiers will be observed at Thursday Round Robin for initial group placement by level and training needs. Exact schedule and locations TBD and posted closer to event, approximate schedule is below.

**Fee Schedule Registration TWO OPTIONS:**

- 1) **FULL CAMP:** \$180 Thursday - Sunday
  - Thursday Round Robin ~2hours in early afternoon.
  - Friday Full day with lunch provided 9am–3:30pm
  - Saturday Full day with lunch provided 9am-3:30pm
  - Sunday relays in the morning finishing by noon/1pm to allow for travel home
- 2) **MORNING CAMP:** \$150 Thursday - Sunday
  - Thursday Round Robin ~2hours in early afternoon.
  - Friday morning session only, 9am–11:30, no lunch
  - Saturday morning session only, 9am-11:30, no lunch
  - Sunday relays in the morning finishing by noon/1pm to allow for travel home

**Registration link will be shared October 14, 2023.** For more information directly related to camp please contact Dina Pesenson [dinapesenson@gmail.com](mailto:dinapesenson@gmail.com) for questions on Crested Butte Nordic, email [Joellen@cbnordic.org](mailto:Joellen@cbnordic.org)