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**EnduranceCamp**  
**August 2-7, 2009**

For runners and Nordic skiers entering 9<sup>th</sup> – 12<sup>th</sup> grade (coaches welcome also)  
Held at CrossWoods Camp  
Mason, WI  
(located 25 miles from Northland College)

**Activities include:**

*Technique work*  
*Roller skiing*  
*Running*  
*Strength work/core/plyometrics*  
*Workshops on topics such as:*  
*Exercise physiology*  
*Sport psychology*  
*Sports nutrition/diet*  
*How to wax for fast skis*  
*Being a college athlete*  
*High Ropers Course*  
*Mountain Biking*  
*Swimming*  
*Canoe day trip*  
*Rock climbing and repelling*  
*Night adventure games*  
*And other fun activities!*



**Leaders:**

*David Beeksma, Head Cross Country and Nordic Ski Coach, Northland College*  
*Jeremy Frost, Head Nordic Ski Coach, St. Cloud State University*

**Counselors:**

*Northland College and St. Cloud State Athletes.*



**Cost:** \$230.00 (\$10.00 discount per person for four or more from the same team)  
Includes lodging, meals, T-shirt and a Buff.



**Schedule:**  
8am breakfast  
9am – Noon  
Training/core  
workouts/technique work  
12 noon lunch  
1 – 5 activities:  
Mountain biking  
High ropes course  
Swimming  
Ultimate Frisbee  
Water games  
Kayaking



6pm supper  
7pm workshops  
Campfire  
Night adventure games

**Cook out on the Beach:** Thursday evening on the shores of Lake Superior!

**Items needed:**

Sleeping bag (bedding), pillow, training clothes, roller skis or rollerblades and poles (for Nordic), helmets, swim suit, running shoes, etc.

**\*A complete packing list and directions will be provided once registration is complete.**



**Register:** Registration forms available online at [www.northland.edu](http://www.northland.edu) or [www.stcloudstate.edu](http://www.stcloudstate.edu). Please return via e-mail or mail with **\$100.00 non-refundable deposit** made payable to Northland College by **July 10<sup>th</sup>** (after this date please contact us for availability). Please send to:



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