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**Endurance Camp**  
**With Special Guest Garrott Kuzzy, U.S. Ski Team member**  
**August 8-13, 2010**

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

***Activities include:***

*Technique work and drills*  
*Roller skiing*  
*Running*  
*Strength work/core/plyometrics*  
*Workshops on topics such as:*  
*Exercise physiology*  
*Sport psychology*  
*Sports nutrition/diet*  
*High Ropers Course*  
*Mountain Biking*  
*Swimming*  
*Canoe day trip*  
*Rock climbing and repelling*  
*Night adventure games*  
*And other fun activities!*  
***\*Last night concert at the Big Top***  
***Chautauqua – Great Big Sea!***



***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:** \$325.00 (\$10.00 discount for return campers and \$10.00 discount per person for four or more from the same team)

*Includes lodging, meals, T-shirt, and concert*



### Schedule

*Sunday: Arrive by 5pm for supper followed by group fun.*

*Monday: Morning high and low ropes*

*Afternoon training with*

*Garrott Kuzzy*

*Evening presentation by Garrott*

*Kuzzy*

*Night game of "bond"*

*Tuesday: Morning training*

*Afternoon Rock Climbing*

*Evening presentation on exercise*

*physiology*

*Camp fire*

*Wednesday: Morning river Kayaking*

*Afternoon training*

*Evening presentation on sport*

*psychology*

*Talent or lack thereof show*

*Thursday: Morning training*

*Afternoon mountain biking*

*Evening cook out at Lake Superior and Great Big Sea Concert at*

*Big Top Chautauqua*

*Friday: Sleep in. Morning time trial*

*Pack up, clean up, final group session, go home*

*Camp ends at noon*



**Cook out on the Beach and Great Big Sea Concert:** Thursday evening we will visit Lake Superior, have a cook out, than then head up to the Big Top Chautauqua for an awesome time at a Great Big Sea Concert

**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 1st**. Please send to:



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