

Twin Cities Nordic Coaches Clinic

November 7 & 10 3:30 - 6:00 p.m.
Armstrong High School Main Entrance
10635 36th Ave. N., Plymouth

Sponsored by:
Go Training and Armstrong Nordic Program

Learn coaching skills from the experts:



Piotr Bednarski has proven success at coaching athletes from novices to Olympians for over 17 years in both cross-country skiing and biathlon.

Caitlin Compton was a member of the 2010 Olympics and is currently training with the CXC Team. Caitlyn has experience coaching youth and adults of all abilities.

Two day Clinic focused on technique and training strategies:

- Monday, Nov. 7** Outdoor instruction for both classic and freestyle skiing techniques (Both dry land and roller ski options provided).
- Thursday, Nov. 10** Indoor instruction on training methods to develop endurance,
- Cost:** \$20 /one session or \$30 / two sessions. Make checks payable to :
Go Training (same day payment is fine). Half of proceeds will be donated to Armstrong's Nordic Program.
- Registration:** R.S. V. P. to: **Kim Rudd** at ckrudd@gmail.com or 763-229-9628.
- What to Bring:** Tennis shoes, roller skis (not required), bounding poles.
- Meeting Spot:** **Enter Main Entrance of Armstrong and take an immediate left into foyer hallway.** Nov.10 we will meet in room 233. Indoor instruction will be provided in case of bad weather.