

2011 Sign up - MINNESOTA VALLEY SKI TEAM - WWW.MNVALLEYSKITEAM.COM

Name: MN Valley Nordic Ski Team Strength Program

School: As a program, we want to develop strong, quick, coordinated, and fit Nordic skiers.
Some strength training goals for Nordic skiers include:

Address: - To strengthen the core
- To build upper and lower body strength, making Nordic skiers more complete athletes
- General strength makes specific strength easier
- To help reduce injuries
- To increase skiing power and explosiveness

City: Date of Birth

State: Zip

Phone: Gender: M / F

Email: Upper-body Strength – A Nordic skier should be able to complete at least 50 push-ups, pull-ups (5 girls, 10 boys), and dips (10 girls, 20 boys). Individuals should aim beyond this goal, but these are considered minimum strength goals. Even if you cannot complete a single push-up or pull-up currently, you can gain the strength to fulfill these numbers with hard work and training.

Parents Names:

Parents Emergency Contact #'s

\$150 with Basic Program

\$100 with Advanced Program

\$50 with Competition Team

June 7th -July 28th

Burnsville High School

Tues/Thursday 6:30pm to 8pm

Please make all checks payable to Minnesota Valley S.E.F - All programs must pay in full at time of registration except Comp Team.



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MINNESOTA
valley
X-C SKI TEAM

Core Strength – We define “core strength” as having structurally strong hip, butt, back and abdominal muscles. These areas link work done with your upper-body (e.g. poling) to work done with your lower body (e.g. skating/striding). Having a strong core also allows you to ski with proper form.

Lower-body Strength – Leg strength needs will vary. Plyometrics are a good way to build explosiveness through neuromuscular adaptation. Squats are a good way to build muscle.

Plyometric Drills – There are numerous drills we will introduce and practice regularly.
Sample Strength Training Workout

10 minutes easy warm-up run

Alternate upper and lower body exercises

Upper-body: Push-ups/bench press, pull-ups, dips (with and without weight), lat pull-down, one-arm row, sitting row, barbell curls, military press, triceps extension, medicine ball throws

Lower body: Step-ups, front/back squat, split squat, walking lunges with barbells, leg press, leg extension (quads), leg flexion (hamstrings), calf raises, skate hops

10-15 minutes core: Plank, side-planks, crunches, side crunches, flutter kicks, fire hydrants, Supermans, side-leg raises and circles, V-ups, bicycles, Russian twists, toe-touchers, leg thrusts, leg raises, rotational leg raises, Roman Chair (leg-raises on dip bar station), back-ups

Led by Chris Harvey – Burnsville Head Coach and MN Valley Coach