

ZAM Nordic

A summer program focusing on individual attention and the most improvement in the least time.



The Program

Group Endurance Get together once a week to go for an extra long L1 rollerski/run.

Group Strength Get supervision and direction in weekly group strength sessions.

Individual Technique Get personalized help in small three-person groups. Lots of video review. Bi-weekly!

What we're about

At ZAM Nordic, we firmly believe that skiers can obtain whatever level of achievement they set their sights on through taking the right steps and having smart training. In today's competitive field, this includes effective summer training. To achieve this, our program merges *Technique*, *Endurance*, and *Strength*, the most important aspects of ski training, with *Individual Attention* and a *Sense of Community*, the most effective aspects of learning. We have the ONLY program that incorporates regular private technique sessions. It has been proven that for most athletes this is more beneficial than all their other training combined. Individual attention allows each skier to get the most effective personalized help while nurturing their sense of accomplishment. Our program centers around that philosophy: summer training that's all about you.



What's new this year?

We're bringing on a couple new coaches, weekly strength sessions, more flexible signup, and better scheduling.



Doug



Zach



Megan

What makes us different?

Coaches Who Know

Coaches skilled in skiing as well as coaching. All of the coaches have skied in college and on the most competitive teams in the country with awards including All-American and National Champion. We have a lot of experience that has taught us first hand the best coaching methods. Zach alone has coached over 800 people in different sports!

It's Proven

Over half of the athletes who participated last year made the jump from JV to Varsity or from Conference to Section Team Skier, and ALL athletes improved. One Athlete went from 18th at sections to All State and another even went from not making the section team to National Champion in just one year!

Consistent Individual Attention

We are the only program that includes consistent small group technique sessions. There is no way to improve as quickly as getting specific help tailored to your needs on a regular basis.

Parents, a note from Zach:

Throughout high school and college, I found my way to the distinction of All-American in skiing and received a lot of mentorship from my coaches. I can say, second to my parents, that their guidance and support combined with that of my fellow skiers have been the most influential in my life. That influence has stuck with me and has offered opportunities like skiing in college on a full scholarship, and truly shaped my personality in positive ways. It has left me wanting to do for other students what my coaches did for me. It's my opinion that Nordic skiers are a special bunch of kids; they are smarter, more ambitious and more conscientious than the average teenager. Yet, I am aware that not every skier gets the kind of attention that was so valuable for me. That's why I started this program and structured it in this way. It gives me great pleasure to see what a little nurturing can do for a kid's sense of self worth and confidence. I think every skier ought be treated like the champion they are.



Skiers

We've come up with the secret to unending success, coolness and the way to becoming the skier you've always wanted to be! Come out and ski with us this summer because you too can be that star skier.



Who is it for?

A large portion of the program is based on you as an individual, so it will meet the needs of anyone looking to improve. Whether you're a first year skier looking to see what you can do or an experienced skier looking for success at Junior Olympics, we will make it happen. Also, if you are already involved in other training or work, it's not a problem, we'll schedule around it. This program will not just maintain your skiing but also improve your condition in the off-season no matter what level you're at or how much time you have.

Why is this program better?

This program will focus only on what's really important. It's comprised of two halves: the first is private, small group lessons focused on *personal attention*. This will give YOU the help and attention YOU need, not the help your friends need. The second half of the program is group workouts where we all get together and actually have fun on our long workouts and strength sessions. Doing these workouts with a group provides needed motivation and doing it with us will ensure you're using the most cutting edge training methods.

How much time is involved?

The beauty of this program is that it's based on intense improvement in the least time possible. This is not an every day training program. It works around your summer plans while molding you into the skier you know you can be in the easiest way possible.

If you are looking for guidance in everyday training, we have detailed training plans available.

You can achieve whatever level you set your eyes on; we're just here to help.



Email today with questions and to reserve your spot!

Custom Programs Available

Need based scholarships Available

Regular Program

4-12 weeks from June 7th to August 27th

-Sign up for 1 to 3 blocks that each includes 4 weeks of training. Blocks are flexible and sessions can be used non-consecutively.

Each block includes:

-Weekly Endurance Sessions: Tuesday 8-10:00am @ Lake Harriet

-Weekly Strength Sessions: Thursday 6-7:30pm @ Lindberg Center

-Bi-Weekly Technique Sessions. Flexible time and date @ Highland Nordic Chalet

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Individual Program

12 Small Group Technique Sessions.

-At each session we will review your training and progress, create a training plan, and focus on whatever will be most beneficial to you through specialized workouts, drills, and video review.

-The 12 sessions will have flexible scheduling over the 12 week period.

Rates

-Regular Program: \$120 per block (1-3 blocks)

-Individual Program: \$250

\$10 off each month for referring a friend who also signs up!