



About the Camp

Andre Watt and Jenna Krueger are pleased to offer the first ever High School Nordic Ski Camp at Giants Ridge: home of the Minnesota State Meet. This camp is intended for young skiers who are entering grades 8-12. If you want to become a better skier and achieve top results, then this camp is for you. Whether you are new to skiing or have raced JO's, we will help you ski faster.

This camp will take place June 23-26, at Giants Ridge in Biwabik, MN.

Campers will receive training and instruction on ski walking, bounding, skate and classic technique, strength training, and interval training. Campers will be able to run on the State Courses and will rollerski on the Mesabi Trail. Campers will stay in the Training Center and will be with in walking distance to nordic ski trails, the Mesabi Trail, Wynne Lake, frisbee golf, and the "great outdoors". Campers will be provided with training, motivational, and nutritional speeches in the evening.

Giants Ridge Ski Camp Registration Form

Name _____

Address _____

City _____

State _____ Zip _____

Home Phone (____) _____

E-mail _____

Age _____ Male/Female (Circle)

Roommate preference _____

Parent or Guardian Signature
X _____

Checks payable to:
Jenna Krueger
20 S 5th St W. Aurora, MN 55705
Phone: (218) 355-0970
E-mail: jdickins@css.edu

Registration deadline is June 15th.

GIANTS RIDGE NORDIC SKI CAMP



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General Information

Tuition/Camp Fees:

The fee for the camp is \$200. This includes housing on campus for three nights (Thursday-Saturday) and all meals (Thursday dinner through Sunday breakfast). Sunday check-out is noon. Day Camp with Meals: \$150 per person.

Facilities:

Campers will have access to all of Giants Ridge Training Center's fabulous facilities. Four to a room with furnished bunk beds, individual bathrooms, kitchen, and sauna.

What to Bring:

Blanket or sleeping bag, pillows, towel, toiletries, running shoes, rollerskis, poles, boots, helmet, rollerski gloves, training clothes, fan, swim suit, water bottle, notebook. Bring both classic and skate equipment if possible. Great attitude

Daily Schedule	
7:30	Easy Job and Stretching
8:30	Breakfast
9:30	A.M. Workout
12:00	Lunch
1:00	Video/Technique
2:30	P.M. Workout
4:30	General Strength
5:30	Dinner
7:00	Speakers
8:00	Game/Movie
10:00	Lights Out

Meet the Coaches

Andre Watt is one of Duluth's finest nordic skiers. Competing since a young boy, Andre has competed at the highest level in the United States: Super Tour. Andre had a successful career both regionally, state-wide, and nationally. Andre is currently racing marathons and skis for Rossignol. Andre has coached the [DXC Summer Juniors Program](#) for several years and is and assistant ski coach at the College of Saint Scholastica. Andre has a degree in exercise science and is employed at Continental Ski and Bike Shop in Duluth.

Jenna Krueger is one of the Northland's top female racers. She had both successful high school and college careers and now skis for Atomic and Ski Hut, racing marathons on the weekends. She coached the [DXC Summer Juniors Program](#) and then started her own program last summer on the Range: Red Rock Nordic. Jenna is an elementary teacher in Virginia at the Northland Learning Center.

Combined these two coaches have a wealth of knowledge and enthusiasm don't miss this outstanding opportunity as the camp is limited to 45 overnight athletes. There will be guest coaches still to be determined.