

# Minneapolis Ski Club Winter Training Program

*This program is for adult cross country skiers.  
It will help you become fitter, stronger and more efficient!*

**What:** This is a technique and training program that will have 25 minutes of technique work and 25 minutes of training time. Skiers will work on their own technique for part of the time and we will ski in a group also. Proper technique can have you skiing much faster than you every have before.

**Who:** 1984, 1988 Olympian, 1998 Olympic Coach Kevin Brochman will be the coach for this program. Kevin has taken beginning skiers and brought them to their full potential with victories in the Korteloppet, State Championships and many local races.

**When:** Monday evenings at French Lake Regional Park visitor center  
Wednesdays at Hyland visitor center. Lessons are also available in the mornings at the downhill ski area.

**Times:** Each session will begin on the hour at 7:00 and 8:00 PM. Sessions last 50 minutes. Each class will be limited to 10 skiers so sign up early.

**Dates:** Program is scheduled to begin Monday December 9th and runs through Feb 17th. This is 12 weeks long. In case of lack of snow or extreme cold we will do dryland drills or meet inside and watch video.

**Costs:** \$155 for 1 night per week, \$285 for both nights. Skiers may also sign up for a 4 lessons package for \$75 if space is available.

**Lessons:** Lessons are also available, \$50 for one person and add \$10 for each additional person, I can meet you at any site or time for these.

This program will increase your technique and allow you to ski faster with less energy.

For more information: [KJBSKIER@AOL.COM](mailto:KJBSKIER@AOL.COM)  
Phone 612-825-1983, 651-430-1576

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Name \_\_\_\_\_ Age \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

Individual lessons are also available too.

Spring session, April 7th- May 28th, Monday and Wednesday evenings at Hyland Park from 6:30-8:00PM. Cost \$255, program is limited to the first 15 people. Sign up early! Send checks to Kevin Brochman 426 West Rice St. Stillwater, MN 55082.

## Spring and Summer Programs

Also look for programs for the spring and summer. Program is open to ages 14 & up. All training is done on rollerskis. Workouts will mainly focus on technique, strength and efficiency. Mainly skate technique but we will have some scheduled classic too. This is a great way to stay in shape and begin working on technique in a non-competitive atmosphere.

Summer programs begin Monday June 16th, we will begin practice at 7:00AM at Elm Creek, Tuesdays are at French Regional, Wednesdays at Elm, Thursdays at French and Fridays at Hyland.