

From: Carl Fey  
Coach, US Ski Orienteering National Team

Dear US Ski-O Community:

Happy New Years! The US Ski-O Team is pleased to invite all American Ski-Orientees between the age of 9 and 99 of any ability to join us for a virtual open ski-o training January 18th. People who have not previously tried ski-o are welcome to attend as well as experienced ski-orientees. The program for the event is:

US Ski-O Virtual Training, Sunday, January 18th , 2026 3:00-4:45pm US East Coast Time

3:00-3:30PM, Ten Tips to help improve your ski-orienteeing, Carl Fey, Coach US Ski-O Team, including Q&A

3:30-3:45PM, Three Things that helped me get 5th, 6th, and 6th in the individual races at the 2025 European Youth Ski-Orienteeing Championships, Erik Fey, US Junior Ski-O Team Athlete

3:45-4:15PM, Ski-O Map Study

4:15-4:45PM, Strength training using just your body weight (Note: we are actually going to do strength training not just talk about it, so come in suitable clothes, you can attend just part of the above session if you prefer, but timing is approximate.

Join

at: <https://binorwegianbusinessschool.zoom.us/j/66446876453?pwd=b08tWNXTvQWFDOU0qu1sb38U3M35aS.1>

Meeting ID: 664 4687 6453

Passcode: 804254