



MPLS SKI CLUB

2021-2022

Winter Programming

Empowering, supporting and guiding
the next generation of endurance athletes.



Junior Training Sessions

Mondays and Wednesdays 6:15-7:45 PM @ Theodore Wirth.
• 4 sessions at \$125 / 8 sessions at \$225.

Personal Coaching Sessions


We will work with you to create a personal training plan
customized to your goals with one-on-one training sessions.
• \$120 for the 2021-22 winter season.

Individual Lessons

Individual lessons for \$60 an hour, or \$90 for an hour and a half.
Available to all ages, work on technique and your individual goals.
Rollerski treadmill with video analysis is also available.
• \$100 an hour.

Junior National Qualifier Coaching

MSC provides full race weekend support during the 4 weekends
of CXC Junior Cup. Video analysis included.
• \$150 for all 2021-22 JNQ Races.



mscnordic.com