



Are You Ready for Ski Season??

It's Time to Get in Shape

Get ready for the upcoming season with the Wolverines.

Join us for a day of dry land training.

- What: The clinic will focus on various activities to prepare for the upcoming ski season. There will be a heavy emphasis on proper body position and mechanics, training methods, and training cycles. The clinic will be conducted by Chris Klein. Chris has an extensive background in skiing and coaching.
- Where: Meet at Trenton Municipal Center, Old Poland Road, Barneveld. Most of the clinic will take place at the Trenton Town Park.
- Who: Anyone interested in improving their race preparation as well as those interested in increasing their ski fitness level.
- When: Saturday November 14th, 2009; 10:00 PM-3:00 PM
- Fee: Free to Wolverine Club members. See www.wolverineskiclub.com for membership forms. You can sign up the day of the clinic.
- Needs: Running shoes and clothing for working out rain or shine. Water bottles, short poles for ski walking and rollerskis (if you have them). Helmets are required for rollerskiing. Bring a light lunch.
- RSVP: Please notify Chris if you will be attending by sending an e-mail to cmklein@juno.com with your name, contact info, age, and skiing experience.