

Bill Koch Junior Racer Program

Who: Nordic skiers in grades 6-8 who are able to ski both classic and skate techniques (or willing to learn) and who have an interest in racing in preparation for high school skiing or racing independently.

What: A great opportunity to build skills and make skiing friends! Skiers will learn about race preparation and training, improve their ski technique on varied terrain and gain skills and self-confidence to make healthy choices for skiing and for life. Some areas of training that will be included are poling techniques, skiing downhill and uphill, cornering, and utilizing flats efficiently. Skiers will also learn the basics of waxing skis and equipment selection for both classic and skating. We will review basic nutrition principles for racing and training, and learn about race day preparation and what to expect when attending races.

When: Tuesdays and Thursdays, December thru mid- February. We will have a break for Christmas vacation. The schedule will be 3:45-5pm, though there may be longer sessions for waxing skis on pre-race days. The grand finale of our season will be the Middle School State Championships.

Where: Sleepy Hollow Ski and Bike Center, 427 Ski Lodge Dr., Huntington, Vermont

Payment: Please make sure you pay the Bill Koch Fee **AND** the Junior High Racer fee.

How: Registration forms are under the Bill Koch Registration Forms link.

We understand that Nordic skiing can be an expensive sport. Should participation in the program be limited by financial resources, please let us know and we will try to help.

Races: Coaching will also be provided at several local middle school and Bill Koch races which skiers will attend as part of the Junior Racer Program. For middle schoolers not interested in racing at all, please see information on Sleepy Hollow's Bill Koch program that meets on Fridays only and does not have a race requirement.

Coaches:

Heather Larocca at laroccabeal@gmail.com

Bill Koch Director: Please email Jean for any registration or payment questions.
Jean Tufts at Jeantufts456@gmail.com