

# NOD XC DRYLAND MIDGET TRAINING CAMP

HOSTED BY SOO FINNISH NORDIC SKI CLUB

AUGUST 20-22, 2010 - SAULT STE MARIE, ONTARIO

## Highlights

**Start Time** - Friday, August 20th at 2 pm at Hiawatha Highlands

**Finish Time** - Sunday, August 22, 2 pm

**Fees** - \$135 with billeting and \$100 without; includes t-shirt; lunches

**Focus** - athletes aged 10-14

SEE WEBSITE FOR CAMP SCHEDULE, EQUIPMENT REQUIREMENTS AND DINNER ARRANGEMENTS



**Learn dryland training methods, develop good technique and have fun with new ski friends.**

**REGISTER ON ZONE4 AT  
SOOFINNISHNORDIC.COM**

Lisa Patterson - CCC  
Eastern Coordinator

Patti Kitler - CCO Coaching  
Coordinator

Larry Tomie - SFN Midget  
Coach

Helen Lindfors - SFN Head  
Coach (Camp Lead Coach)



Soo Finnish Nordic  
Ski Club



Cross Country  
Ontario



Northern Ontario  
Ski District