

Nordic clinic with guest coach Kevin Van Bueren from the Methow,

Outline for Registration

Offered February 6-8, 2009

Schedule

Friday night, 4:30 p.m. under the lights (90 minute), **Beginning skate skiing.** Have you ever wanted to try skate skiing? Are you having a hard time picking up the basic technique of skate skiing? This 90 minute class would be perfect. We will learn on fairly flat surface under the lights. Whether you are a never ever skate skier or just learning, this is the clinic for you. We will improve your balance, glide and over all understanding of how to move efficiently on skate skis. It helps if you have classic skied or alpine skied before. Meet at the Ski and Ride Center Private Meeting Area.

Saturday AM Clinic, 9:30 a.m. 2.5 hr clinic for **Advanced Beginner/Intermediate Skate skiing.** For those skate skiers who would like to learn more than just the V1 and how to climb hills that you haven't climbed before (like the one on the way to Picnic Pt). We will work on the secrets of good skiing and poling. Meet at the Ski and Ride Center Private Meeting Area.

Saturday PM Clinic, 1:15 p.m. 2.5 hr clinic for **Intermediate/Advanced Skate skiing.** For those skate skiers who have skied most of the trails at Schweitzer but would like to perfect the efficiency of VI, V2, V2A and more. Would you like to climb those hills with more speed and less effort? We will work on the latest techniques to perfect your ski glide, body positioning and pole timing. Meet at the Ski and Ride Center Private Meeting Area.

Sunday AM Clinic, 9:30 a.m. 2.5 hr clinic for on-demand topic **Advanced Beginner/Intermediate Skate, Intermediate/Advanced Skate skiing,** depending on what is most requested/needed. **Topic will be determined on Feb 1st.** Either a repeat of one of the above sessions, or **Intermediate classic skiing**... For those classic skiers who have never had a lesson or need a tune up. You have classic skied variable terrain but need to make it more powerful and more efficient. We will work on your balance and glide as well as your power for the hills at Schweitzer. Meet at the Ski and Ride Center Private Meeting Area.

Register at the Ski and Ride Center, 208-255-3070 or lessons@Schweitzer.com

Cost is \$35 for Friday evening, **\$45** for the day sessions. **\$55** if they need rental and ticket. **Trail fee is \$5/day** if needed.

Minimum of 6 participants needed to run the session, based on registrations received by February 1st. Sessions will be cancelled if necessary. Nine person maximum.

No employee discounts because of the additional costs of outside clinicians.

Bio: Kevin van Bueren has been a full time, level three PSIA certified Nordic ski instructor for the Methow Valley Ski School in North Central Washington for the past 15 years. He loves to ski the groomed trails and tele-ski throughout the Methow Valley and the Northwest. Kevin also runs a fly fishing guide service from spring to fall. He is happy to return this year to Schweitzer for another weekend of clinics.