



MASTERS PROGRAMS TAMARACK CROSS COUNTRY 2011-2012 SEASON

About the programs:

Enjoy the benefits of consistent, season long coaching sessions this winter. A staff of qualified instructors are back to share their technical expertise in three special Masters Programs. Enrollment in the 2011-2012 season Master Programs is open to all skiers, from beginners to experienced ski racers. Each program is designed to raise levels of skiing skills and enjoyment in both the classic (striding) and skating techniques. Courses are open to all participants 18 years and older. Video analysis is included in all programs. A valid Trail Pass is needed to participate in the Masters Classes.

Beginning Masters: Learn about Winter Fitness!

This program is for those who would like to start a long-term commitment to cross country skiing this winter. It's designed for skiers with limited cross country experience. Skill development will progress from basic balance and gliding drills to specific techniques used in uphill, flat and downhill terrain. Conditioning, choosing the right ski equipment and waxing will be addressed in this class. The Beginning Masters program will meet every Tuesday or Saturday at 9:00 am (ready to ski) starting Tuesday, November 29th or Saturday, December 3rd 2011.

Intermediate Masters: Get up those Hills!

Improve your skiing efficiency and have more fun this winter on the trails by joining this Masters program for intermediate level skiers. Previous skiing experience is required for this course (participants must have a functional diagonal stride and V-1 skate and be able to control speed on downhills). Emphasis in this program will be on learning the appropriate techniques for terrain and snow speed. Conditioning and waxing will be an important part of the curriculum. Interested in ski racing? This is an opportunity to gain the skill and confidence to tie on a number and go for it in some of the local races. The Intermediate Masters program will meet every Tuesday or Saturday at 9:00 am (ready to ski) starting Tuesday, November 29th 2011 or Saturday, December 3rd 2011.

Advanced Masters: Get Honed!

This is the program for serious recreational racers to work on fine-tuning technique for increased efficiency and speed. Join other dedicated skiers for intensive weekly two-hour sessions to get race-ready or just look good out on the tracks. Previous experience in the Master program or “pretty good” technique in both skating and classic skiing on all terrain is required for participation at this level. Technique work and conditioning are the focus of this program. Meetings will be on Tuesdays starting November 29th, 2011, Wednesdays starting November 30th, 2011 or Saturdays starting December 3rd 2011 starting at 9:00 am.

Conditioning Class: Get in the Best Shape of your Life!

This class is being offered to help structure the serious skier’s training. Learn about systematic cross country ski training through interval training, speed work, specific strength and pace workouts. Work with one of our coaches to design an individualized training plan and enjoy the journey to peak fitness. This program is for any level skier who wants to work hard. Workouts will be tailored to suit a variety of fitness levels. This class is offered on Thursdays at 8:30 am starting December 1st, 2011.

All Masters Programs

- Cross country skiing is fun in all kinds of weather, but in the case of severe weather, please call the ski center at 934- 2442 Ext. 8, 30 minutes before starting time if there is a question of cancellation.
- Equipment rentals for both skating and striding are available at the Tamarack Ski Center. Rental cost per Masters session: \$ 10.00.
- Masters receive a 15% discount at Tamarack’s retail shop.

Master Programs 2011-2012 Season Prices

A valid trail pass is required to participate in the Master Program.

Master Program, Beg, Int. or Adv.	\$ 310.00
including Season Pass	\$ 559.00 adult \$ 499.00 senior

Conditioning Class	\$ 160.00.
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Tamarack Season Pass Information

Season Pass if you sign up with Masters	\$ 249.00 Adult (19-64)
	\$ 189.00 Senior (65-79)