

# Gustavus Nordic Skiing

## Camp Director

# Gustavus Adolphus College



Laura Edlund, 18<sup>th</sup> at 2008 NCAA's

Jed Friedrich  
Head Coach, Nordic Skiing/Cross Country  
Gustavus Adolphus College

Coach Friedrich, will begin his 6<sup>th</sup> year at Gustavus. He guided his women's team to a 2<sup>nd</sup> place regional finish in 2008, qualifying three skiers to NCAA's. In 2007, the Gustavus Men and Women won the MN College Championships. In Cross Country Running, he coached Hailey Harren to the 2005 Div. III NCAA National Championship.

## 2009 High School Nordic Ski Camp

For boys and girls entering  
8<sup>th</sup>-12<sup>th</sup> grades

### June 14-18

Jed Friedrich, Camp Director



NCAA Championships in Bozeman, MT

Before arriving at Gustavus, Coach Friedrich taught Health and P.E. in grades K-12. He also coached volleyball, basketball, and track for Herman-Norcross High School.

Friedrich began his ski career at St. Cloud Apollo earning MN All State Honors and qualifying for the Junior Olympics. He went on to ski for Sten Fjeldheim at Northern Michigan University.

## About the Camp

The Gustavus Adolphus College Nordic Ski Team is pleased to offer the 2009 High School Nordic Ski Camp. This camp is intended for young skiers who are entering grades 8-12. If you want to become a better skier and achieve top results, then this camp is for you. Whether you are new to skiing or have raced JO's, we will help you ski faster.

This camp will take place June 14-18, on the campus of Gustavus Adolphus College in St. Peter, MN.

Campers will receive training and instruction on ski walking, bounding, skate and classic technique, strength training, and interval training. Evening sessions will focus on topics related to motivation, goal setting, training plans, and nutrition. While attending camp at Gustavus, campers will enjoy some recreational activities such as ultimate frisbee, soccer, and swimming.

### Typical Day

7:30-8:30 a.m.	Breakfast
8:30-11:30 a.m.	Rollerski Technique
11:30-12:30 p.m.	Lunch
12:30-2:00 p.m.	Video/Technique
2:00-4:00 p.m.	Dryland Drills
4:00-5:30 p.m.	Soccer/Swim
5:30-6:30 p.m.	Dinner
7:00-8:30 p.m.	Guest Speakers
8:30-10:30 p.m.	Game/Movie
10:30 p.m.	Lights Out

## General Information

### Tuition/Camp Fees:

The fee for the camp is \$275. This includes housing on campus for four nights (Sunday-Thursday) and all meals (Monday breakfast through Thursday breakfast). Thursday check-out is noon. Team discount: \$250 per person when you bring three H.S. teammates.

### Facilities:

Campers will have access to all of Gustavus' outstanding athletic facilities including pool, hot tub, and sauna.

### What to Bring:

Blanket or sleeping bag, pillows, towel, toiletries, running shoes, rollerskis, poles, boots, helmet, training clothes, fan, swim suit, water bottle, notebook. Bring both classic and skate equipment if possible. Rollerblades with poles will work.

### Directions:

St. Peter is located on Highway 169, 65 miles south of Minneapolis/St. Paul, and 10 miles north of Mankato. Once you arrive in St. Peter, continue on Hwy. 169 and follow the signs to Gustavus Adolphus College. Turn west on College Avenue and go all the way up the hill. Follow the signs to our registration site.

## 2009 Gustavus Ski Camp Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone (\_\_\_\_) \_\_\_\_\_

E-mail \_\_\_\_\_

Age \_\_\_\_\_ Male/Female (Circle)

Roommate preference \_\_\_\_\_

Parent or Guardian Signature

X \_\_\_\_\_

T-Shirt Size (circle one): XS, S, M, L, XL

Camp Fee: \$275 (\$50 deposit)

Team Discount: \$250 (4 from same H.S.)

Checks payable to: GAC Ski Camp

Jed Friedrich  
800 W College Ave.  
St. Peter, MN 56082

Office Phone: (507) 933-7632

E-mail: jfriedri@gac.edu

Registration deadline is June 10.