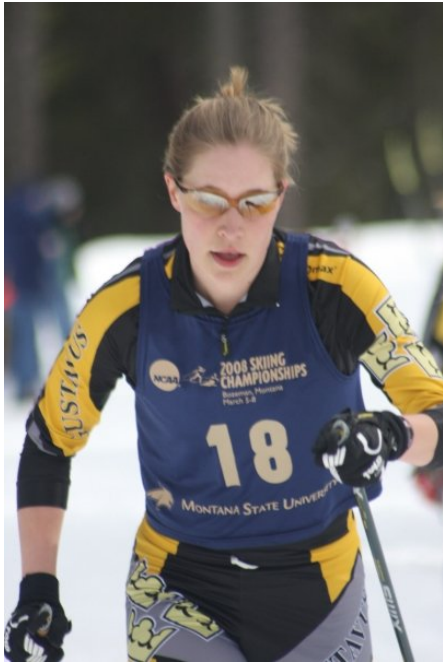


Gustavus Nordic Skiing

Camp Director

Gustavus Adolphus College



Laura Edlund, 18th at 2008 NCAA's



Jed Friedrich
Head Coach, Nordic Skiing
Gustavus Adolphus College



Coach Friedrich, will begin his 9th year at Gustavus. He guided the Gustie Women to a 2nd place regional finish in 2008, qualifying three skiers to NCAA's. Gustavus skiers have qualified for NCAA Championships in 4 of the last 5 years.

Before arriving at Gustavus, Coach Friedrich taught Health and P.E. in grades K-12. Coach Friedrich currently is an instructor in the Health and Exercise Science Department at Gustavus.

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.

2012 High School Nordic Ski Camp

For boys and girls entering
8th-12th grades

July 8-12

Jed Friedrich, Camp Director



NCAA Championships in Bozeman, MT

About the Camp

The Gustavus Adolphus College Nordic Ski Team is pleased to offer the 2012 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.

Ski camp will take place July 8-12, 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 \$300. 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: \$275 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.

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.

2012 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: \$300 (\$50 deposit)

Team Discount: \$275 (4 from same H.S.)

Checks payable to: GAC Ski Camp

Jed Friedrich
800 W College
St. Peter, MN 56082

Office Phone: (507) 933-7632

E-mail: jfriedri@gac.edu

Registration deadline is June 30.