

# Grand Rapids Nordic Ski Team

## Roller Ski Technique, Training and Waxing Clinic

October 19 & 20, 2013 – 9-5 Sat, 9-12 Sunday

Pando Winter Sports Park

8076 Belding Road NE, Rockford, Michigan

With

### Sten Fjeldheim

Northern Michigan University Nordic Ski Team Head Coach

Sten has coached 5 NCAA Champions, 75 NCAA All-Americans & 10 Olympians

### Haakon Stuge Baanerud

Assistant NMU Nordic Ski Coach, Graduate of Oslo Sports University,  
Norwegian 15 Year Old National Champion & Waxing Tech for the  
Norwegian World Loppet Ski Team

Skate Ski Technique Instruction with Video Analysis  
Latest World Cup Waxing and Stone Grinding Information  
Training Plans and Strength Workouts

Fee \$250 – Limit 15 Skiers – Lunch provided on Saturday

Send Completed Application and Check to:

GRNST, 11029 Crooked Lake Road, Rockford, Mi 49341

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Phone Number \_\_\_\_\_

Be prepared to Sign Liability Waiver at Clinic