



## **BSF NORDIC 2007-2008 MASTERS FALL/WINTER TRAINING REGISTRATION FORM**

BSF Nordic is offering Fall and Winter Programs for Masters skiers. We are planning to have three different groups based on common interest, time, and ability. Practice will be every Tuesday and Thursday from 8:00-9:00 AM, 12:00-1:00 PM, or 4:15-5:15 PM. Fall training starts September 4<sup>th</sup> and runs through October 30<sup>th</sup>, 2007. Winter training begins in November.

The noon group will mostly work on rollerskiing--both classic and skate technique. There will be an option for an additional group at noon for people who do not rollerski. We need a minimum of 8 people to form a second group.

**Goals:** improved agility, balance, and coordination; learning, improving and mastering ski techniques; improving general and specific fitness level; learning and improving general and specific strength with emphasis on explosive power; and improving and mastering ski tactics.

*This year, for an additional fee, the BSF masters coaching staff will consult with individual athletes regarding their ski season goals, and design an individualized training plan for the year. Please talk with Dragan if you are interested in this opportunity.*

**Groups will meet at Lindley Park or the MSU Track Stadium on September 4<sup>th</sup> at 8:00AM, 12:00PM, or 4:15PM. Subsequent training technique and location will be determined with the group coach.**

**COACHES:** Dragan Danevski, Tim Weston, Gro Lunde, and other skiers.

**FEE OPTIONS** (please check one):

- |  |       |
|--|-------|
| <input type="checkbox"/> FALL TRAINING (open for groups of 10-15 skiers)   | \$200 |
| <input type="checkbox"/> WINTER TRAINING (open for groups of 10-15 skiers) | \$300 |
| <input type="checkbox"/> BOTH FALL AND WINTER TRAINING                     | \$450 |

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Phone

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

Please briefly describe your fitness level, skiing abilities and familiarity with ski techniques.

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Please make checks payable to "BSF Nordic" and send your registration form to the BSF office:  
BSF Nordic, c/o Masters Registration, P.O. Box 1243, Bozeman, MT 59715

**For more information call Dragan Danevski, BSF Nordic Program Director, at 579-7874  
or e-mail to: dragandanevski@yahoo.com**