

ALASKA SOLSTICE CAMP

ANCHORAGE, AK

JUNE 20TH - 25TH, 2022



Join us for the 4th Annual Alaska Junior Flyer Camp. USA Nordic Junior Flyer camps create a path way for athletes and instill skills that are important at all levels. The camp is for athletes ages 5-18 years old and parents are encouraged to attend and experience what Alaska has to offer in the Summer!

Camp highlights include:

- On-hill and off-hill activities with an emphasis on fun and skill-building
- Resource sessions for parents and coaches
- A 12-hour jump-a-thon on the Summer Solstice that goes from 1 pm to 1 am
- The opportunity to fundraise for your home club
- USANS swag

SCHEDULE

DAY

TIME

ACTIVITY

MONDAY

9am - 11:30pm
12pm - 1pm
1pm - 2pm

Check-in, warm-up, jumping
Lunch
Game, warm-up, balance, agility, imitations

TUESDAY

9am - 11:30pm
12pm - 1pm
1pm - 2pm
2:30pm - 3:30pm

Check-in, warm-up, jumping
Lunch
Jumping
Parent resource Session

WEDNESDAY

9am - 3pm

Off-hill activity

THURSDAY

9am - 11:30pm
12pm - 1pm
1pm - 2pm

Check-in, warm-up, jumping
Lunch
Games/relay race/obstacle course

FRIDAY

9am - 11:30pm
12pm - 1pm
1pm - 2pm

Check-in, warm-up, jumping
Lunch
Off-hill activity

SATURDAY

1pm - 1am

Jump-a-thon and Solstice celebration

SUNDAY

6:30am - 9am

Breakfast and departure