

The Norge Ski Club Invites You To

USANS Central Junior Flyer Camp

August 12-14, 2022

Norge Ski Club

100 Ski Hill Road
Fox River Grove, IL
60021

www.norgeskiclub.org

Fees

Registration for all events is electronic/ non-contact

Due by Monday, August 1st. NO onsite/ day-of registration.

<https://go.teamsnap.com/forms/327139>

Join us for the Central Junior Flyer Camp. USA Nordic Junior Flyer camps create a pathway for athletes and instill skills that are important for all levels. The camp is for athletes of all ages and parents are encouraged to attend and experience what Norge Ski Club in Fox River Grove, IL has to offer this Summer!

Camp Highlights Include:

- Ski Jumping on the K10, K25, K40, and K70 meter hills
- Nordic Combined rollerski training session
- On- and off-hill activities with an emphasis on fun and skill building
- Information Session for parents and coaches
- Lunch included Friday and Saturday
- Dinner and Group Activity included Saturday evening
- USA Nordic Sport swag

Camp Fees are \$180 for out-of-town athletes and \$120 for Norge jumpers.

This includes costs for all jumping sessions, coaching, lunches, USA Nordic swag, and athlete participation in Saturday's dinner and off-site activity.

The cost for parents or other family members to participate in Saturday's group dinner and activity will be approximately \$20 per person.

Schedule

Friday 8/12:

9:00 AM - 9:30 AM
9:30 AM - 12:00 PM
12:00 PM - 1:00 PM
1:00 PM - 3:00 PM

Athlete Check In
Morning Jump Session
Lunch (provided)
Afternoon Jump Session

Saturday 8/13:

9:00 AM - 11:30 AM
11:30 AM - 12:30 PM
12:30 PM - 1:30 PM
1:30 PM - 3:30 PM

Morning Jump Session
Info Session (Topic TBD)
Lunch (provided)
Afternoon Jump Session /Nordic Combined Training

Exact Time TBD*

Dinner and Organized Group Activity

Sunday 8/14:

8:00 AM - 9:00 AM
9:00 AM - 10:30 AM
10:30 AM - 12:00 PM
12:00 PM

Nordic Combined Fun Races
Morning Jump Session
Fun Competition
Departures

Parking

All athletes, families, friends, and coaches are required to park in Norge lots and fields. No parking inside the gates please.

Other questions?

Scott Smith, Norge Ski Club President: sds63@sbcglobal.net or 847-815-2117
Whitney Seegers, Camp Coordinator: wbabick@yahoo.com or 847-204-8320
Rhiannon Bakk-Hansen, Registration: bakkhansen5910@gmail.com 312-952-2813