

Summer Training Information

Alaska Nordic Racing 2024-25

alaskanordicracing.org

Welcome back to ANR summer training! We're ready to hit the ground running in May, and looking forward to seeing you all again! Summer dryland training is focused on developing athletes to race the Besh Cup race series, along with the regular high school races. Please note we do not have the capacity to coach beginners in high school due to limited coaching staff. Ideally, athletes need to have 1-2 winters on snow. Our sessions will include trail running, rollerskiing, and weight training.

Requirements for participation:

- ☐ [This form](#) completed and handed in to an ANR coach
- ☐ Program fee paid [online](#) or by check to ANR
- ☐ Make sure you're signed up for [team communication](#)
- ☐ Check [important dates](#)
- ☐ All necessary [equipment](#)

Pricing

Program fees allow us to provide resources such as coaches, rental equipment, and scholarships. If these fees pose a financial burden, please contact our [treasurer](#) for scholarship information. We have more coaches joining us this year (including *three* coaches for the Eagle River group), which is reflected in the price increase.

Program registration can now be completed on our [website](#)! Fees are due at or before training begins. Payments by check can be brought to your first practice.

Additional siblings are 25% off! If you have multiple children signing up, contact [Tegan](#) with the number of kids you have in each training group and she will send you a discount code for adjusted prices.

* **Peninsula skiers:** contact [Alex Serventi](#) for pricing details

Summer

High School - “Junior” training group \$650
(May 28 - Aug 15)

Middle School - “Devo” training group \$375
(May 28 - Aug 15)

“Minis” training group - Valley only \$225
ages 9+, skiers new to ANR from Jr Nordics
(June 3 - Aug 15)

Important dates

May 28 - practice begins	First day of summer schedule
June 22 - Mayor’s Marathon	Volunteer @ the Marathon
July 4 & 5 - no practice	Race Mt. Marathon or come cheer!
July 31 - XC running season	Switch to 2x per week to accommodate XC running
August 15 - summer ends	Week off group training before school begins
August 22 - School begins	Fall training starts, switch back to PM practices
October 3 - fall mini-session starts	Fall mini-session to prep for ski season.
November 1 (approx)	High school nordic begins. See you at Thanksgiving!

Practice schedule

Weekly schedule will be posted on the [ANR Google Calendar](#). If you have problems getting set up, please refer first to the instructions on the linked site.

Summer Daily Schedule

Beginning after the end of term (May 28th). Practice location and workout specifics will be posted on the [team calendar](#) each week for an up-to-date schedule. Short-notice changes due to illness or inclement weather will be posted on Slack.

Valley

Juniors:

- M** 7-9am mountain Mondays - trail run at Lazy, BBK, Marmot Mtn or Crevasse Moraine
3-4:15pm lift - CHS or PHS TBD starting 6/3
- T** 7-9am run or rollerski @ GPRA
- W** 7:30-10:30am team OD
- Th** 7-9am rollerski at Raleigh Hills
3-4:15pm lift - CHS or PHS TBD starting 6/3

Devos:

- M** 7-9am *optional* Mountain Monday w/ Juniors
- T** 9-10:30am rollerski or run @ GPRA
- Th** 9-10:15am trail run & games @ GPRA

Minis: **starting June 3rd**

- Th** 9:15am ski skills @ GPRA. First practice will be on-foot, later practices will be rollerskiing (skis provided, athletes must have their own boots & helmets) or rollerblading.
- F** 9-10:30am trail run & games @ GPRA with the Devos

Eagle River

Juniors:

Monday through Thursday 12-2pm. Practices will usually start from Chugiak High school, with some practices at other trail running or rollerskiing venues. Weekly schedules will be posted on Google Calendar and in Slack.

Eagle River skiers are welcome to join Wednesday ODs in the Valley! If you would like to do a combination of Eagle River & Valley practices due to work schedule, please contact [Tegan](#).

Devos:

Tuesdays & Thursdays 12-1:30pm at Chugiak High School. Any changes to location for hikes and trail runs will be posted in advance on Google Calendar and in Slack.

Coach Contact info

All coaches can be reached on Slack. In the interest of keeping communication organized, for anything non-urgent, please reach out to them there using the Direct Message feature. **There need to be multiple adults in a message**, athletes, please do not be messaging your coaches one-on-one at 9pm. If you do not add another coach or parent to the chat, we will.

	Email	phone (emergency only)
Tegan Thorley <i>Valley Juniors, Devos, Minis</i>	tegan.e.thorley@gmail.com	907-982-2957
Rosie Whittington-Evans <i>ER Juniors & Devos</i>	rosiew.evans@gmail.com	907-707-4616
Joey Caterinichio <i>Owner, ER coach</i>	jcaterinichio@gmail.com	907-229-6427
Patricia Casey <i>ER Devos coach</i>	caseypat22@gmail.com	907-390-7122

Team communication

Slack

We use the workplace communication app, Slack, as our primary platform. This keeps all of our team communication in one place, and prevents important info from getting buried in texts and inboxes. Setup information can be found [here](#), please install both mobile and desktop apps.

Contact tegan.e.thorley@gmail.com with any technical issues.

Google Calendar

Valley and Eagle River group training will be posted on our team Google Calendar. Setup instructions can be found on our website [here](#).

Equipment

Athletes must have good running shoes and ski boots, a helmet, poles with rollerski ferrules, and a bright layer for rollerskiing. Athletes must wear appropriate outdoor training clothing and be prepared for changing weather. ANR has classic and skate rollerskis available to rent for the summer for \$25 per pair. **If you know you will be skiing for the next few years, please purchase rollerskis.** The program skis are a great resource to have, and we would like to keep it available to families just starting out. We do not have enough rollerskis for everyone, if returning athletes and new athletes are all expecting to rent.

Gear questions? Check out the [pack lists](#) or [gear guides](#) for more in-depth information.