

SMS Nordic Summer Training and Winter Race Club



SMS Summer Sessions Registration

Whole Enchilada: (SMS students only)

\$1200: 3-4 coached sessions per week (6/8-8/22) and includes:
July Craftsbury Camp and August Junior SMS Camp

A la carte:

\$175: **U14 Fridays** with SMS, age 10+. 9-10 at SMS. A great opportunity to get into roller skiing and other speed, balance agility and strength training, with mentorship and overlap by the SMS juniors and SMS T2 Elite Team skiers.

\$650: **Collegiate Program**. 3-4 coached sessions per week (6/8-8/22): T, Th, F some Sat., with flexibility to join Elite Team on between days. Programming based on the needs of competitive collegiate racers, overseen by SMS Coaches. Great training environment, video analysis, lactate measurement, and dad jokes all day. *See below for details.*

\$650: **Regular Training** T, Th, F some Sat. Up to 10 weeks of 3-4 coached sessions (**no SMS camp and no July camp**)

\$350: **3-Day Mini Camp At Craftsbury** July 21-23 (SMS students only)

\$325: **Junior Camp**, 8/6-9 (**SMS students only through this signup**)

\$150: **6-pack of trainings** (can buy multiples)

Post-Graduate (PG) Program Are you interested in a full-time PG year at SMS (9/1–4/1)? We have recently updated our pricing to be nationally competitive with other programs, starting at \$10,000 (includes meals in the Dining Hall). For more information, please contact **Matt Boobar** at mboobar@gosms.org or **570-594-7555**.

[REGISTER HERE](#) For Summer Training and Club
Click [HERE](#) for PG Program Page



**2026 SMS Nordic
UPDATED PG program, Summer Training and Winter Race Club**

Summer Training

Stratton Mountain School is excited to present a summer of high quality coached Nordic ski training sessions. These differentiated and age appropriate programs are aimed at skiers aged U14 and through Collegiate age groups, and will be coached by SMS coaches Matt Boobar, Alex Jospe, and George Forbes. When possible, this program will overlap training with the SMS T2 Elite Team's training sessions. Pretty cool to ski with some of the fastest skiers in the world for summer workouts!

Training will be at various locations in the surrounding Stratton area, typically starting at 8:30 am. Updates will be sent out at the start of the week via a shared google training doc, with a text message group for immediate communications. We will primarily be doing skate and classic roller skiing, ski walking/bounding with poles, running, and strength training, with occasional hiking, road/gravel cycling and mountain biking. Please note all participants must follow all SMS policies including [SMS roller ski safety rules of the road](#) and must wear a high-viz shirt for all open road training sessions.

Training Dates: start Tuesday June 8th and run through Friday August 23rd

*no local training the week of the July Craftbury camp

Training sessions details*

Tuesday: 8:30 - 10:30 am

Thursday: 8:30 - 10:30 am

Friday: 8:30 - 10:30 am

*some Saturdays

Open gym available daily at SMS for college program athletes and SMS alums.

*All sessions are weather dependent. Extreme weather may warrant training cancellation or postponement. Start and end times may also shift on occasion to best suit the intended training of the day/week. Changes will be sent to the summer training text group and posted in the training doc.

Where possible, through the summer we will be looking to add bonus coached workouts and collaborations with the Elite Team, and will post those in the training doc.



SMS Nordic PG Program Overview

Cost: \$10,000 (September 1st – April 1st, camps and competition trips additional)

- **Full Integration:** Complete immersion into the SMS Nordic program, including all training sessions, travel logistics, camps, competitions, and team activities.
- **On snow 2 week camp:** with FIS racing in BC/AB Canada in early December
- **Training Plan:** A customized, individualized training plan tailored to the season, personal evaluations, specific goals, and seamless team integration.
- **Strength Training:** A professionally designed and implemented strength and conditioning program.
- **Facility Access:** Full-time access to SMS facilities, including two strength training areas, dedicated tuning rooms, the library, and student lounge areas.
- **Elite Team Collaboration:** Opportunities to participate in collaborative workouts with the SMS Elite Team.
- **Dining:** Full access to the SMS meal plan in the dining hall.
- **Equipment & Gear:** Comprehensive ski fleet planning and development, along with access to significant partner discounts.

Additional Opportunities Please inquire about further options, including academic classes, college counseling, SAT preparation, residential housing, and spring training programs.

Click [HERE](#) for PG Program Page

For more information, please contact **Matt Boobar** at mboobar@gosms.org or **570-594-7555**



U14 Summer Fun Fridays

Summer 2026 is around the corner and we're excited to offer the SMS Summer U14 Fun Fridays! Led by SMS coaches George Forbes, Alex Jospe, and Matt Boobar, the goal of this program is to introduce U14 nordic skiers to rollerskiing, fitness fundamentals, and the joy of summer ski training with a great group.

Who is this appropriate for?

This program is open to all skiers between the ages of 10-14 years old, as of June 2025.

The U14 crew will overlap and integrate with the older juniors, where appropriate.

What will we do?

Each practice will start with a short warmup, followed by some drills, skills, games and speeds. Some weeks, we'll follow this formula on rollerskis, and some weeks, we'll be doing it on foot. The junior team will be joining us for these practices, as well! Usually, we will have at least one member of the SMS T2 Elite Team in on the fun.

If you don't have roller skis, we have some junior roller skis that you can borrow from us for the summer, but you'll need your own boots and poles.

Where do we do it?

Drop off and pick up will be at the Stratton Mountain School campus (7 World Cup Circle, Stratton VT). Skiers will be chaperoned down an open road to the Sun Bowl parking area, where we will conduct the majority of our practice. Skiers will then safely ski back to campus for pickup.

Timing and Schedule:

Practices will run from 9-10am.

Practices will run every Friday starting June 20th until August 22rd, with the exception of August 8th (which is during SMS BKL camp!).



College Training Group

Summer 2025 is around the corner and we're excited to offer the SMS Summer Collegiate program: a summer of high quality coached training sessions for a group of hard-working, dedicated, and enthusiastic collegiate skiers. Led by SMS coaches Matt Boobar, Alex Jospe, and George Forbes, this group aims to offer a high quality training program, while capitalizing on the positive outcomes that arise from working together as a group.

Location:

This group will be based out of the Stratton area of Southern Vermont. We have awesome trail systems, great roller skiing, and access to world class gym facilities.

Schedule:

This training group will run for 10 weeks, beginning organized practices the week of June 10th and concluding organized programming at the end of August. Practices will be run in conjunction with junior workouts, tailored to meet the needs of a collegiate athlete. When possible, training sessions will overlap with the SMS T2 Elite Team.

Any easy distance/on your own workouts can be coordinated with junior or Elite Team athletes in the area.

Tentative weekly schedule:

Monday	Off
Tuesday	Group training, PM strength (On your own at SMS gym*)
Wednesday	On your own distance training
Thursday	Group training
Friday	Group rollerski or foot agility, drills, and speeds, followed by strength. On your own program or coached, with a coach available to check proper lifting technique.
Saturday	OYO or hill bounding with Elite Team
Sunday	OYO distance training



College Training Group

Training group & program access:

- 3-4 organized training sessions per week by SMS Summer Collegiate Coaches
- Periodized training plan provided, or we will integrate your college plan
- Access to some SMS Elite team sessions
- Individual meetings available at request
- Technique video and review
- Lactate Zone monitoring at key sessions
- Access to strength facilities
- Van transportation for more logistically complex workouts



Winter Race Club

The SMS Nordic race club supports Southern Vermont U14 and U16 athletes through their athletic journey into high school.

The program provides a number of on-snow practices, race support, and a team environment for athletes at local middle school races, BKL races, and the Vermont High School Qualifier race.

The program includes:

- A selection of SMS collaborative workouts (see schedule section)
- Race support/ski service:
 - Vermont State Qualifier Race: 3k classic + 3k skate
 - Local BKL races
 - Collaborative race support with BBA at VPA Middle school races
 - Add-on Eastern Cup races
- Coaching - tactics, technique, and mental performance
- Access to the weekly SMS training schedule
- Equipment advice/guidance
- SMS Race Suit for first year registrant, SMS Team Jacket for second year registrant

Club members will be responsible for the following expenses:

- Race entries
- Lodging and transport to races
- Ski equipment
- Any additional SMS team apparel via Podiumwear store

Costs

Option 1: \$400 Includes club training, Vermont State qualifier, BKL and middle school race support, SMS race suit or jacket included

Option 2: \$650 Includes club training, and U16 (2010-2011 YOB) full EC race support (up to 8 races), VT qualifier, BKL and MS race support (if appropriate), SMS race suit or jacket included



Winter Race Club

SMS Club practice schedule TBD in 2026-2027

*will be offered on non-school days and holiday breaks due to SMS morning training.

Middle School Races are run by the host school, and the entry fee is \$15, payable to the school on site. There are 4-6 Middle School Races.

The Eastern Cups are run through the [New England Nordic Ski Association](#), and athletes are responsible for their own entry fees. Entries are \$45 per race for NENSA members (NENSA membership is \$45 for U16, \$30 for U14), or \$55 per race for non-NENSA members.

[REGISTER HERE](#)