SMS Summer Sessions Registration

Scroll down for more information on each program!

Whole Enchilada summer training (SMS students only)

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

A la carte:

U14 Fridays with SMS • $175 • Age 10+ • 9-10am at SMS	A great opportunity to get into rollerskiing and other forms of training: speed, balance, agility, and strength, with mentorship and overlap by SMS juniors and SMS T2 Elite Team skiers
Collegiate Program • $650 • T, W, F, some Saturdays • Opportunities to join Elite Team	Programming based on the needs of competitive collegiate racers, overseen by SMS coaches. Great training environment, video analysis, lactate measurements, and dad jokes all day. Does not include Craftsbury mini camp.
Summer Training no camps (juniors) • $650 • T, W, F and some Saturdays	Does not include SMS camp or July camp
3-day Mini Camp at Craftsbury • $350 • July 14-16 • SMS students only	Opportunity to do some structured intensity on the rollerski track. Great trail running and mtb out the door. Lodging at the COC with access to the dining hall, gym, and the lake.
SMS Junior Camp (SMS students only) • $325 • 8/6-8/9	Commercial summer camp, staying in the SMS dorms. SMS students only through this signup.
6-pack of trainings • $150 • Can buy multiples	Perfect for if you're in and out this summer!
Post Grad Program at SMS for 2026-27 • Nationally competitive pricing ($10,000) • Includes meals in dining hall	For more information, go to our website, or contact Matt Boobar at mboobar@gosms.org or 570-594-7555
Winter SMS Race Club • $400 - BKL and MS races (U14-16) • $650 - full EC schedule (U16)	Supporting southern VT U14s and U16s through middle school and into high school! Includes coaching, uniform, select practices, and race support.

REGISTER HERE for any of the above!

Summer Training - Collegiate and Junior Program

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. We aim to offer a high quality training program, 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. 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 (7/21-23).

Training sessions details*
Any 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.

Tuesday: 8:30 - 10:30 am
Wednesday: 8:30 - 10:30 am
Friday: 8:30 - 10:30 am

*some Saturdays, with Elite Team

Tentative weekly schedule:

Monday	Off
Tuesday	**AM Group training**, PM strength (On your own at SMS gym)
Wednesday	**Intensity,** overlapping with Elite Team when possible
Thursday	OYO distance 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

Training overview and facilities:
Open gym available daily at SMS for college program athletes and SMS alums.

SMS coaches provide video analysis, lactate monitoring for key workouts, and a structured training plan for the summer. We can either provide a plan or integrate your existing college plan into the group setting. Individual meetings and/or educational sessions are available upon request! We'll also provide van transportation for more logistically complicated workouts.

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. The Elite Team is not an open training group, so integration must be vetted ahead of time with head coach Colin Rodgers or one of the SMS junior coaches.

All sessions are weather dependent. Extreme weather may warrant training cancellation or postponement. Changes will be sent to the summer training text group and posted in the training doc.

REGISTERED HERE!

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 7th (which is during SMS BKL camp!).

REGISTER HERE!

SMS Nordic Post Graduate Program Overview

Cost: Starting at $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.
- **Continue Education:** Ability to attend or audit classes as well engage online college classes
- **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.
- **Sports Medicine** access for prehab,rehab, injuries, body care
- **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

Winter Race Club

The SMS Nordic race club supports Southern Vermont U14 and U16 athletes through their athletic journey into high school. This 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	**Option 2: $650**
Includes club training, Vermont State qualifier, BKL and middle school race support, SMS race suit or jacket included	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

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