



For Immediate Release

Re: Central Oregon Community College Nordic Ski Club

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From: Bend Endurance Academy: Ben Husaby, Brenna Knowles

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The Club Sports Department at Central Oregon Community College is collaborating with the Bend Endurance Academy to develop a COCC Nordic Ski Club for the 2010 Winter Term.

The COCC Nordic Ski Club is open to all students with an interest in cross country skiing. Students must be taking 6 or more college credits during the 2010 Winter Term (January 4th-March 21st).

Practices will be held three days per week on Friday afternoons, Saturday and Sunday mornings and will include both skate and classic technique. The program is free for students and they should provide their own skis, poles, and boots. Transportation to and from the snow is provided. COCC club skiers will be eligible for organized and fully supported trips to designated races throughout the Western US. The COCC Nordic Ski Club will be coached by staff members from the Bend Endurance Academy.

According to COCC Nordic ski club coach Ben Husaby, "We are excited to help student athletes, with a wide range of experience and ability levels, continue their Nordic development. By working together for three months, club members will be able to ski with better form over longer distances, and reach their individual goals while having an awesome time with group of motivated athletes."

COCC Nordic ski club coach Brenna Knowles said, "There are a bunch of perks for students who choose to join the club. Participants will gain an understanding of basic physiology, develop the skills necessary to design their own training plans and improve their strength, technique, coordination, agility as well as aerobic and anaerobic capacities- all in a fun club setting."

Contact info@bendnordic.org with questions or call Ben Husaby at 541-678-3865.