



BEND NORDIC DEVELOPMENT TEAM

The Development Team is designed to motivate young people to consider Nordic skiing as one of their favorite winter sports.

Participants will learn up to date skate and classic technique through coordination and agility drills, demonstrations and trail skiing adventures. As individuals improve throughout the winter, the focus becomes skiing with better form, over longer distances, to prepare for racing.

The Bend-LaPine School's early release schedule provides a unique opportunity for Development Team members to attend practices directly after school on Wednesdays and enjoy skiing without the constraints of winter daylight hours. Participants will be picked up from their schools on Wednesdays and dropped off at the Academy's office after practice.

Middle School aged participants are offered a careful balance of play and instruction in addition to being taught how to be comfortable and prepared in a winter environment. Program content is age appropriate and FUN!

High School aged participants are offered individualized and flexible instruction based on their personal goals. The Development Team is an excellent supplement for individuals who ski for their High School clubs, but would like more time on snow with an advanced and motivated group of skiers.

Our Development Team coaches are professionally trained using United States Ski Association guidelines and have worked with hundreds of young individuals of all abilities throughout their 5 to 11 years of experience. Our coaches consistently provide appropriate program content to a wide range of ability levels.

Development Team participants can choose to be transported to and supported at local and divisional events and overnight trips throughout the season.

Ages	11-18 or USSA Age Class J4, J3, J2, J1, OJ
Dates	November 18th 2009 to March 3rd 2010 (15 weeks)
Days/Times	<ul style="list-style-type: none"> • 1, 2, or 3 days per week • Wednesdays (after school) Saturday and/or Sunday mornings
Please note	Athletes will be picked up from their schools on Wednesdays (early release) for the entire season.
Costs	<p>Tuition:</p> <p>3 Days per week \$670 (includes transportation)</p> <p>2 Days per week \$500 (includes transportation)</p> <p>1 Day per week \$300 (includes transportation)</p> <p>Season Pass: Discounted passes will be available in September at www.mtbachelor.com Expect \$109 child-\$219 adult</p>
Locations	Mt. Bachelor Nordic Trails and local Sno Parks
Extras	Tuition is all inclusive. Participants will be provided with transportation, waxing facilities and team wax.

