

Green Mountain Valley School

Summer Training Camp 2017



Come train in the Mad River Valley! July 29-Aug 6th

Join Out There's Coach Kris Hanson (L200CXC/USSA) coach & trip leader for five days of training based on the Green Mountain Valley School campus in Waitsfield, VT. Training will be hosted by Kat Howe Head Nordic Coach at GMVS & Nordic Director Colin Rodgers. Training will include endurance, intensity, and strength work, making use of the GMVS Racing Performance Center and the amazing training venues we have here in the Mad River Valley. Two Travel days are planned on each end of the trip with a visit to Niagara Falls.

Ages: 8th grade - postgraduate year.

Cost: \$859 (\$475 GMVS Portion / \$384 Travel, Food & Lodging) Payment options available

Includes: meals, lodging, and coaching by GMVS staff and guest coaches.

The trip is limited to 6 athletes for travel from the Midwest. **(4 spots remain as of 4.11.17)**

To register please visit: <http://outthereshop.com/products/gmvs-summer-camp>

Questions? Please contact Out There Nordic at outtherenordic@gmail.com