

CROSS COUNTRY SKIING

MT.STIRLING JUNIOR RACE SQUAD

The Mt.Stirling Cross Country Ski School is proud to employ a number of Estonian National and International cross country ski racers. These elite skiers have university degrees specializing in Outdoor Education with an emphasis on Cross Country Ski Instructing and Race coaching.



While the emphasis on Mt.Stirling is more towards ski touring, we will be re-instating a junior race squad for the 2014 season to provide local youth and secondary colleges, hoping to field a strong team in the Interschools Snowsports Competition, the opportunity to take advantage of the latest technical knowledge, training schedules and special skills associated with the sport of cross country ski racing.

The quad will meet every Saturday afternoon between 1pm and 4 pm for a skills base clinic. Students will be aged between 12 and 18 years of age and are encouraged to bring along their own race skis as time will be set aside to discuss race tuning, with the opportunity to prepare skis for racing. A limited number of racing skis are also available for hire on the mountain.

The race squad program commences on Saturday July 5th running every Saturday through until Saturday September 6th. The cost of each 3 hour session is just \$25 per student or a series of 4 sessions for just \$100 and any subsequent session \$20 per head.

Cross Country race tuition can also be booked with the Mt.Stirling Cross Country Ski School by ski clubs or school groups at other times for groups of 6 participants or more. All bookings made with the Mt.Stirling Ski School include complimentary snow-shuttle transport between the Nordic Centre at TBJ and the snow-line so we can avoid the walk and maximize our skiing time.