



The Strafford Nordic Training Group



Are you interested in pursuing a full time summer training program? Do you want to be a member of a team focused on building a sustainable competitive skiing lifestyle?

SNTG Summer Resident Program – June 1 thru August 26, 2016

The Strafford Nordic Training Group (SNTG) has developed a central support network, with the necessary resources, to meet the training and competition needs of Nordic athletes. The program will work with athletes that live and train in Strafford Vermont, under the supervision of our coaches and staff for the summer of 2016. Together, we will work to achieve a higher level of training and competition while continuing to build necessary life skills and experience.

Resources in Strafford

- Safe Rollerski Venues
- Running, Hiking and Biking Trails
- Athletic Fields
- Weight Room
- Gymnasium
- 6 Point Biathlon Range
- 30km Nordic Trails
- Coaching



Sustainability

- Affordable Team Housing
- Job Opportunities
- Community Involvement
- Team Travel Van

Summer Training (June 1-August 26)



While most time will be spent training in Strafford and the Upper Valley, we expect to utilize Vermont and New Hampshire as our training ground. With a little imagination, the possibilities are almost endless.

Summer Training will be scheduled in 5 week training blocks. During the months of July and August, we will host 2 specialized training camps. Additional athletes will join the team for these 4 day camps that focus on group training.



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About the Strafford Nordic Training Group Program (SNTG)

We believe it is important for an athlete considering the **SNTG** to have a clear understanding of what they want out of their training program. We also believe it is also necessary for the athlete to have the desire to continue on their career path outside of skiing. We have designed our program so that an athlete can continue to progress with life goals, while working and training.

The Village of Strafford, Vermont

Strafford is a small Vermont town with a big heart, and athlete housing is located right in the Upper Village. Successful team members will become part of the community and grow to love Strafford and call it their home while they are here.



Strafford is just 25 minutes from the Hanover/Lebanon area, 80 minutes from Burlington, VT and 3 hours from Boston, MA and Hartford, CT. The Upper Valley is host to many events, entertainment, and cultural activities.

Athlete Commitment

Strafford Nordic Training Group expects a 3 month contract/commitment from athletes participating in the **Summer Resident Program**.



Athletes will also be expected to perform necessary duties relative to the team. Such activities would include, but not be limited to, team run/sponsored events and fundraisers, Strafford Nordic Center projects that support the team, and local events that promote our community involvement.

Team members will play an active role in the support and development of other team member's training and competitive goals.

For athletes interested in continued training in Strafford after the summer training group has ended, we are working on a year-round residential program. Please feel free to inquire about the details.

Contact

For more information, or to request an application, please contact info@straffordnordicskiing.com or call us at 802-765-4224.