



The Strafford Nordic Training Group



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

Summer Resident Program – June 1 – August 26, 2016

Resident Program – June 1, 2016 - May 31, 2017

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

Resources in Strafford

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



Sustainability

- Affordable Team Housing
- Internships/Jobs
- Team Sponsorships
- Community Involvement
- Central Location
- 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 3 specialized training camps. Additional athletes will join the team for these 4 day camps that focus on group training.

Winter Training and Competition (September 1-April 31)



Our primary training site is The Strafford Nordic Center, home to a 30km trail system of varied and challenging terrain. (Straffordnordicskiing.com) The Team will also utilize various Nordic centers across New England and Southeastern Canada. Coaches will work with athletes to design a competition schedule that fits their training goals. The team will be traveling throughout

New England and Southeastern Canada for competitions, specializing in the Eastern Cups Race Series. Additionally, racers should expect to compete on the Super Tour and in U.S. Nationals.



The Strafford Nordic Training Group Program

We believe it is important for an athlete considering the SNTG to have a clear understanding of what they want out of a 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 training.

We are working closely with local business owners in the Upper Valley to create internships that allow athletes to pursue career related interests. These positions are not only a financial benefit for the business and athlete, but create a situation that promotes personal growth.

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**.

Strafford Nordic Training Group expects a one year contract/commitment from athletes participating in the **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 team and community involvement.

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

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