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Collegeville, MN

Summer Sports Camp
Saint John's University
P.O. Box 7277
Collegeville, MN 56321

Training and Technique

Saint John's University Nordic Ski Camp 2008



For Boys and Girls in
Junior or Senior High
School

5 Day camp - July 9-13

Saint John's University
Collegeville, MN
David A. Johnson, Director
djskinordic@csbsju.edu

Camp Objectives

- Learn current training methods and the science of exercise
- Train hard, train smart, have fun!
- Individual Attention
- Technique Video Analysis
- Balance...on skis and in life through training
- Goal setting for the real world
- Workouts with a focus on technique, endurance training, ski specific muscular endurance, and enjoyment.
- Learn how to ski faster

Typical Camp Day

7:15-8:15 a.m.	Breakfast
8:30-11:30 a.m.	Morning Clinic Session
11:30-12:30 p.m.	Lunch
12:45-1:30 p.m.	Team Meeting
1:30-4:30 p.m.	Afternoon Clinic Session
4:30-5:30 p.m.	Non-ski FUN Activity
5:30-6:30 p.m.	Dinner
6:45-8:30 p.m.	Guest speaker/activity/video
8:30-10:00 p.m.	Dorm time
10:00 p.m.	Lights out



SKI WILD!

Learn to ski *wicked* fast!

Camp Mission:

Help young skiers develop age appropriate training that will help them reach realistic performance goals. Campers will leave with a strong understanding of how to train hard, train smart and still have fun! From beginner to team captain, campers will bring home increased skills and knowledge that will make them faster.

Nordic Ski Camp Includes
Coaching on:

Physiology of Skiing
Strength training
Skate and Classic Technique
Race Strategy
Psychology of winning
Nutrition
Re-hydration Strategies

Staff



David A. Johnson
Director

David A. Johnson will begin his 9th year as the Head Ski coach at St. John's University and the College of St. Benedict. Johnson led the Johnnies to their first MIAC ski Championship in 2003. Johnson was named MIAC Coach of the Year in 2002 and again in 2003.

Before coming to CSB/SJU Johnson was the inaugural women's Nordic ski coach at St. Cloud State University in 1997 and then the head men's and women's cross country running coach at SCSU from 1998-2000. He also coached the St. Cloud Cathedral H. S. Nordic ski team to five appearances at the Minnesota State meet in six years.

Johnson earned his Masters Degree in Exercise Physiology from St. Cloud State University in 1985.



Caitlin Compton
-US Biathlon Team
-2008 USSA National
5K Skate Champion
- 2008 USBA National
Pursuit Champion

Caitlin is currently a member of the US Biathlon team. Her sites are set on the 2010 Olympics, NCAA All-American (XC Running + XC Skiing), 2007 XC World Championship Member

Assistant coaches

- Bob Skow—National Masters skier and Apollo H.S. head coach.
- Includes past and present SJU/CSB athletes with in-depth skiing knowledge.



For further information contact:
Sports Camp Office
St. John's University
P.O. Box 7277
Collegeville, MN 56321
Phone: (320)363-2757
E-mail: djskinordic@csbsju.edu
On the Web:
<http://www.csbsju.edu/summercamps/sju/>



Camp Notes:

- All camp clinics are conducted in and around the Saint John's University campus and on the Lake Wobegon Trail.
- Skiers will be grouped by age and ability when appropriate.
- Campers are housed in dormitories on the Saint John's University campus.
- The all-inclusive camper's fee covers tuition, lodging and food. A \$35 non-refundable deposit must accompany application.
- A day rate is optional. It includes lunch and super with no overnight or breakfast. Contact for details.
- **The fee also includes a camp t-shirt, color photo and personal technique video.**
- Campers must have health and accident insurance. Saint John's does not provide such Insurance.
- **Each camper should bring toiletries, towels, swim suits, running shoes, inline skates (Rollerblades), classic and skate rollerski equipment (if you have them), boots, poles, helmets (mandatory), gloves, water bottle, training clothes and...a fun attitude.**
- Rollerskis are not required, Rollerblades are a reasonable substitute. We have a limited number of classic and skate rollerskis available. Bring your ski boots, poles and inline skates.
- Each camper should also bring a little spending money for snacks and incidentals.
- **Any boy or girl entering 7th through 12th grade is eligible to attend the Saint John's University Nordic Ski Camp.**
- Campers may use the recreational facilities of the campus including swimming, rock climbing, fishing, and canoeing on Lake Sagatagan.

Awesome rollerskiing on the rural country roads and the Lake Wobegon Trail directly from campus!

Please complete (please print) the application, detach and mail to address below:

2008 Skiing Camp Application July 9-13, 2008

Name _____ Age _____
 Address _____
 City _____ Home Phone () _____
 State _____ Zip _____
 School _____ Coach's Name _____
 Parent/Guardian's Signature _____
 Camp T-shirt Size (Unisex) X-Small Small Medium Large X-Large
 Year in School (Fall 2008) 7th 8th 9th 10th 11th 12th Email _____

Roommate Request: _____ Deposit (\$35 non-refundable) 5 day camp July 9-13 (\$285)

Make checks payable to: Sports Camps, Saint John's University
 Mail application to: SJU Sports Camps, P.O. Box 7277
 Collegeville, MN 56321