



# BAY NORDIC ROLLERSKI CLINIC

## **Roller ski clinic for all ages and abilities!**

Central Cross Country Skiing Development Coach Andy Keller will be in town November 2<sup>nd</sup> to lead a skate roller ski clinic for all ages (middle school to adult) and abilities. Clinic will consist of an introduction to warm up and mobility exercises, learning the basic fundamentals of ski position and technique, balance and agility drills, and skate technique progression.

### **Date:**

November 2, 2013

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### **Time:**

1:30 PM – 3:00  
PM

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### **Location:**

Brown County  
Reforestation  
Camp Lodge

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### **Equipment:**

Running Shoes,  
Skate Roller skis,  
Poles, Boots

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Let's Help Build  
Bay Nordic!

### **BAY NORDIC**

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