

# Midwest Nordic Rendezvous



**When:** January 4-6, 2019  
**Guest Instructor:** Emily Lovett

**Where:** Timber Ridge Resort  
Traverse City, MI 49686

Join us for the third annual Midwest Nordic Rendezvous with our guest instructor Emily Lovett from Steamboat Springs, Colorado! Emily is a Nordic Specialist for the PSIA National Team, Co-Organizer for West Yellowstone Ski Festival Camp & other Nordic clinics/ camps. Come and improve your own skiing skills, whether you're intermediate or advanced. Find the right clinic for your skill level. We now have a video movement analysis clinic; space is limited, so sign up early! Additional clinics will be for High School skiers, youth and women, as well as training to become a Level 1 PSIA Instructor, Children's Specialist Certificate, and/or receive PSIA credit. Saturday evening will be a social gathering with a presentation from Emily. Come and enjoy this special event and develop your skiing skills for the upcoming winter season!

## Schedule of Clinics & Events

(all clinic fees include trail pass but not equipment rental)

### Friday, January 4 – High School Nordic & SheSki Clinics

- 4:00pm - 6:00 pm All Area High School Skiers (classic & skate) Free
- 6:15pm - 8:15 pm SheSki (women only) Dryland Clinic - \$10 (light appetizers provided/BYOB)

### Saturday, January 5 - Youth & Adult Clinics

- 8:30am – 9:45am Intermediate Classic Clinic - \$30
- 10:00am – 11:15am Intermediate Skate Clinic - \$30
- 12:15pm - 1:00 pm Women Classic Clinic - \$25
- 1:15pm – 2:00 pm Women Skate Clinic - \$25
- 2:30pm – 3:30pm Coaches Classic Clinic (donation)
- 3:45pm – 4:45pm Coaches Skate Clinic (donation)

### Saturday evening, January 5 - Skier Social and Presentation by Emily

- 5:00 – 7:00 pm light meal and drinks provided. BYOB

### Sunday, January 6 - Technique Clinics

- 8:30am - 10:30am Advanced/Masters Classic with video analysis - \$40
- 11:00am – 1:00pm Advanced/Masters Skate with video analysis - \$40
- 2:00pm - 3:15pm Advanced Classic - \$30
- 3:30pm – 4:45pm Advanced Skate - \$30

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_ TOTAL FEES: \_\_\_\_\_

Check the box for clinic choice(s). Early Registration is recommended.

Make checks payable to Vasa Ski Club & mail to Ella, c/o Timber Ridge, 4050 Hammond Rd., TC 49686

Please check e-mail frequently for possible schedule changes and current ski conditions.

This event is open for PSIA continuing education credit taken as a Workshop; must register through PSIA-C

For further information email: [amy68fly@yahoo.com](mailto:amy68fly@yahoo.com)