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**Endurance Camp**  
**August 2-7, 2009**

For runners and Nordic skiers entering 9<sup>th</sup> – 12<sup>th</sup> grade (coaches welcome also)  
Held at CrossWoods Camp  
Mason, WI  
(located 25 miles from Northland College)

**Activities include:**

*Technique work*  
*Roller skiing*  
*Running*  
*Strength work/core/plyometrics*  
*Workshops on topics such as:*  
*Exercise physiology*  
*Sport psychology*  
*Sports nutrition/diet*  
*How to wax for fast skis*  
*Being a college athlete*  
*High Ropers Course*  
*Mountain Biking*  
*Swimming*  
*Canoe day trip*  
*Rock climbing and repelling*  
*Night adventure games*  
*And other fun activities!*



**Leaders:**

*David Beeksma, Head Cross Country and Nordic Ski Coach, Northland College*  
*Jeremy Frost, Head Nordic Ski Coach, St. Cloud State University*

**Counselors:**

*Northland College and St. Cloud State Athletes.*



**Cost:** \$230.00 (\$10.00 discount per person for four or more from the same team)  
Includes lodging, meals, T-shirt and a Buff.



**Schedule:**

8am breakfast

9am – Noon

Training/core  
workouts/technique work

12 noon lunch

1 – 5 activities:

Mountain biking  
High ropes course  
Swimming  
Ultimate Frisbee  
Water games  
Kayaking



6pm supper

7pm workshops

Campfire

Night adventure games

**Cook out on the Beach:** Thursday evening on the shores  
of Lake Superior!

**Items needed:**

Sleeping bag (bedding), pillow, training clothes,  
roller skis or rollerblades and poles (for Nordic),  
helmets, swim suit, running shoes, etc.

**\*A complete packing list and directions will be  
provided once registration is complete.**



**Register:** Registration forms available online at [www.northland.edu](http://www.northland.edu) or  
[www.stcloudstate.edu](http://www.stcloudstate.edu). Please return via e-mail or mail with **\$100.00 non-refundable  
deposit** made payable to Northland College by **June 1st**. Please send to:



Dave Beeksma  
Northland College  
1411 Ellis Ave  
Ashland, WI 54806  
715-682-1876

[dbeeksma@northland.edu](mailto:dbeeksma@northland.edu)

OR Jeremy Frost  
Saint Cloud State University  
720 4th Avenue South  
St. Cloud, Minnesota 56301-4498  
320-308-2245

[jmfrost@stcloudstate.edu](mailto:jmfrost@stcloudstate.edu)

