



**Central Junior Flyer Camp
Iola and Tri-Norse**

Camp directed at U12 athletes and goals are:

- To bring athletes together and provide a fun, structured, and high quality training experience.
- To introduce athletes, coaches, and parents to fundamental skills
- To provide opportunities for coaches to share knowledge and improve skills
- To introduce youth in Iola and Wisconsin Rapids to Ski Jumping

Day	Time	Activity
Thursday, June 14 th	5:00 – 6:00 pm 6:00 pm	Check-in Welcome Dinner
Friday, June 15 th (athletes and parents are welcome to arrive Friday morning)	9 – 11:30 am	Game, Dynamic Warm up, Balance, Agility, Coordination, Imitation progression, Athlete Testing
	12:00 – 1:00 pm	Lunch provided
	1:00 – 2:00 pm	Equipment Safety and waxing talk (parents and coaches)
	2:00 – 4:00 pm	Jumping
	6:00 – 6:30 pm	USA Nordic resources for parents and coaches
	6:30 pm	Dinner provided
Saturday, June 16 th	9:00 – 11:00 am	Jumping at both Tri-Norse and Iola on the K5, K10, K30
	12:00 – 3:00 pm	Mini Tough Mudder at Tri-Norse
	5:00 – 6:30 pm	Training Plan and Nutrition talk (parents and coaches)
	6:30 pm	Dinner provided
Sunday, June 17 th	9:00 – 11:30 am	Jumping at both Iola and Tri-Norse on all hills
	12:00 – 1:00 pm	Lunch Provided
	1:00 – 3:00 pm	Skills based competition
	3:00 pm	Depart