



ALASKA

JUNIOR FLYER CAMP

JUNE 17-23



Join us for the 2nd Annual Alaska Junior Flyer Camp. USA Nordic Junior Flyer camps create a pathway for athletes and instill skills that are important at all levels. The Camp will be coached by former National Team athletes Adam Loomis and Chris Lamb and Sport Development Director Jed Hinkley.

The camp is for athletes aged 8-20 and parents are encouraged to attend and enjoy all Alaska has to offer in the summer.

CAMP HIGHLIGHTS WILL INCLUDE:

- On-hill and off-hill activities with an emphasis on fun and skill building
- Resource sessions for parents and coaches
- A 12 hour Jump-a-thon on Summer Solstice that goes from 6pm to 6am
- The opportunity to fundraise for your home club
- Home stays for athletes
- USA Nordic Swag

Cost: \$200 for Alaska athletes and \$275 for non-Alaska athletes

DATE	TIME	ACTIVITY
MONDAY, JUNE 17	9:00-11:30 12:00-1:00 1:00-4:00 4:00-5:00	Game, Warm-Up, Balance Agility, Coordination, Imitations, Testing Lunch Jumping on the K10, K20, & K40 Meter Equipment Safety & Wax Talk (Parents)
TUESDAY, JUNE 18	9:00-11:30 12:00-1:00 1:00-4:00 4:00-5:00	Jumping on all hills Lunch Jumping on all hills USANS Resource Talk (Parents)
WEDNESDAY, JUNE 19	9-11:30 12:00-1:00 1:00-4:00	Jumping on all hills Lunch Traveling Activity
THURSDAY, JUNE 20	9:00-4:00 4:00-5:00	Off-hill Adventure Activity Nutrition Talk for athletes and parents
FRIDAY, JUNE 21	9:00-11:30 12:00-6:00pm 6:00pm-6:00am	Jumping on all hills Off Jump-a-Thon and Solstice Celebration
SATURDAY, JUNE 22	9:00-11:30 12:00-1:00	OFF Imitations and Video Session
SUNDAY, JUNE 23	9:00-11:30	Skills based jumping competition on all hills Team Relay Race/Obstacle Course