



Stay warm. Make friends.

The Minnesota Youth Ski League has launched a Nordic (cross-country) ski club in the Rosemount –Eagan-Apple Valley area called the REV ski club. Nordic skiing is one of the best cross-training sports for soccer players, providing benefits such as:

- **Increased endurance:** Extended cardiovascular workouts build on the endurance soccer players need to play at full-speed for extended periods of time
- **Increased balance and strength:** Soccer players get pushed, shoved, and banged around. With the increased balance and leg strength from Nordic skiing, players are better able to effectively execute their soccer skills during games.
- **Reduced chance of injuries** – By exerting different muscle groups through cross-training, the possibility of repetitive use injuries is reduced.
- **Full body workout** – With Nordic skiing, almost every part of the body gets a workout. Ankles, legs, hips, groin, arms, and shoulders are used, with the increased strength and flexibility in these areas benefitting soccer players on the field.

Who Can Join?: Youth ages 4-15 (this is not only for soccer players) and their parents. Parents must accompany any children age 7 or under.

When: Every effort will be made to have eight sessions, although weather may impact this.

- Beginners of all ages will meet **Sunday afternoons**, with a tentative starting date of January 17th from 3:15-4:45. Instruction will be using “classic” (traditional) technique.
- Youth middle-school age and older who have cross-country skied in the past also have the opportunity to meet **Wednesday afternoons** from 3:30 - 5:00 to work on developing skills for “skate” (freestyle) technique. This is expected to be a more intense workout. Please contact the leader to determine if this session is appropriate for you or your child.

Where: The expected location is Valleywood Golf Course in Apple Valley, although depending on snow conditions and course availability the club may meet at other nearby venues.

Cost and How to Register: Register on line at www.mysl.org, and select “Registration” and the REV ski club. Registration is \$30 per child; \$75 for three children.

Equipment: Use your or own equipment, or use the convenient ski rental option (includes classic style skis, boots, and poles) which is available through the club for \$20/season. Please indicate if this is needed when registering. Limited sizes are available.

Leadership: The Minnesota Youth Ski League is a volunteer led organization. Leaders are:

- Josh Linde, Dakota Rev Soccer Trainer and Coach, has volunteered to lead this program. Josh skied competitively on the Army National Guard biathlon team and will combine his soccer and Nordic ski knowledge to direct the program.
- Parents: Parent of all skiers are requested to volunteer, with either “on-ski” assistance, or helping in other areas such as communication, serving hot chocolate, tending to campfires (if permitted), etc.

Contact: Contact Josh Linde with questions at revlinde@gmail.com

Note: Although the Dakota REV Soccer Club is notifying club members of this opportunity, it is not associated with the Minnesota Youth Ski League or the REV Ski Club.