



BURKE MOUNTAIN ACADEMY

PASSION FOR SKIING. LEARNING FOR LIFE.

# NORDIC MIDWEEK TRAINING



## Join us for these free training sessions, all winter long!

Head Coach Kate Barton and BMA Nordic will host free training sessions for any local athlete who is interested in getting in an extra cardio session during the winter, learning some Nordic technique, or experiencing BMA Nordic training firsthand. These sessions will include the Alpine Junior Weekday program athletes.

Everyone is welcome!

**WHEN** Wednesdays, 3:30 to 4:30/5 p.m.

**WHERE** BMA Soccer Field

**WHO** Middle/High School Athletes

**WHAT** Nordic Skiing, for all Ability Levels

Please contact Kate Barton:

[kbarton@burkemtnacademy.org](mailto:kbarton@burkemtnacademy.org) for more information