



Enables athletes, coaches and officials to achieve excellence in cross country skiing through:
Education, Cooperation, Communication, and Competition.

FOR IMMEDIATE RELEASE

CXC/RAINBOW RESORT FALL CAMP ANNOUNCEMENT

The entire CXC Team will present a weekend camp for all ages October 26-28 in northern Minnesota

HAYWARD, WI (September 27)

CXC & Rainbow Resort Presents

**Jump Start Your Winter:
Nordic Kick-Off Camp!**

October 26-28, 2007
Rainbow Resort, MN

The athletes and coaches of the Central Cross Country (CXC) Olympic Development Team would like to invite you to jump start your winter with a weekend of enjoyable training and extensive technique work. Join us at scenic Rainbow Resort in Northwestern Minnesota, for a pre-season ski clinic. The Resort is located on a beautiful lakeshore and surrounded by a network of forested groomed trails and roller ski roads on the challenging Western slopes of the Laurentian Divide.



CXC athletes and coaches will work one-on-one with participants to improve fundamentals of both classic and skate techniques. Body position, power application, timing, and other technique components will be emphasized through numerous dryland and rollerski drills. Participants will also master new and creative exercises during daily strength sessions conducted by the CXC Team.

Sign up early to reserve your spot at the *Nordic Kick-Off Camp!* Meals are available in the Lodge. Full service cottages are available on a first come basis. Ample lodging is available in the greater vacation area.

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This XC winter warm up is available to families and all ages and groups.

CXC will be organizing a Midwest Junior Olympic Qualifier January 12-13 on the Rainbow Resort trails. The fall camp will be a perfect opportunity to become familiar with the trail network.

For more information and a registration form download, please go to www.cxcskiing.org.

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Central Cross Country Skiing ("CXC Skiing") is recognized by the United States Ski and Snowboard Association ("USSA") as the sole Regional Organization governing cross country skiing in the 10 state Central Region of the United States. CXC Skiing provides an organization which enables athletes, coaches and officials to achieve excellence in cross country skiing through: EDUCATION, COOPERATION, COMMUNICATION, and COMPETITION. CXC Skiing oversees youth programs; supports the Junior Olympic Qualifying system, Central Collegiate Ski Association, and Senior/Master skiing; provides athletes', coaches' and officials' education; coordinates competitions; supports and trains Olympic level athletes; and is the Midwest pipeline to the US Ski Team. CXC is a 501c3 non profit corporation and gratefully accepts tax deductible donations for program enhancement from all sources.

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