

COLLEGIATE/PG SUMMER XC & BIATHLON TRAINING WITH TEAM SOLDIER HOLLOW

— LATE MAY - EARLY AUGUST

Team Soldier Hollow is looking for ambitious skiers and biathletes who want to train and race at a high level collegiately or professionally and who will contribute to our growing club and vision of "Developing Champions in Sport and Life." We invite you to spend your summer training at Soldier Hollow, the 2002 Olympic venue for XC skiing and Biathlon and more recently, host of the 2017 XC World Junior Championships and 2019 BMW IBU World Cup.

Soldier Hollow is located in Midway, UT at 5,600 ft, providing a fantastic opportunity to boost your capacity through midrange altitude training. The venue has a 4.1km dedicated roller loop, a 30-point World Cup biathlon range and paralympic range, 10km of single track mountain bike trails, plus strength equipment. The surrounding area has several mountain ranges to explore, world class gravel and slick rock MTB and running trails, long canyon climbs for rollerskiing and lots of road biking options. All of this coupled with a dynamic outdoors community provides plenty of cross training opportunities.



TEAM
SOLDIER
HOLLOW



PROGRAM TRAINING PHILOSOPHY

The program will follow the 'Norwegian' club model by offering 2-3 coached sessions per a week, allowing for flexibility in training plans. The coached sessions will usually be intensity/speed and over-distance days. Most training sessions will be run in conjunction with our high school competition team but some sessions will be performed separately to allow for more 1-on-1 coach time. This creates a fun team environment and pushes every athlete to improve and learn from each other while also providing time for athletes to do some self-directed training. Our program supports scientific training using heart rate and lactate profiles to help athletes train in their proper zones. Also, based on developments with Covid, there will be potential for training camps to other cool locations

ABOUT OUR COACHES

The Team SoHo PG program is run by Head Competition XC coach, Gerrit Garberich and Program Manager and Head Competition BIA Coach, Zach Hall.

Coach Gerrit skied at the College of Saint Scholastica where he studied exercise physiology. He spent time coaching at both the College of Saint Scholastica and Williams College and recently earned an M.S. in Exercise Science and Nutrition from Liberty University in Virginia.

Coach Zach grew up in Alaska, skied at Dartmouth College, and went on to race with the US Biathlon team for several years. He spent several years growing a biathlon program serving Anchorage, AK and outlying areas and has spent the last 4 years helping redevelop the Soldier Hollow biathlon training facilities and Team Soldier Hollow.



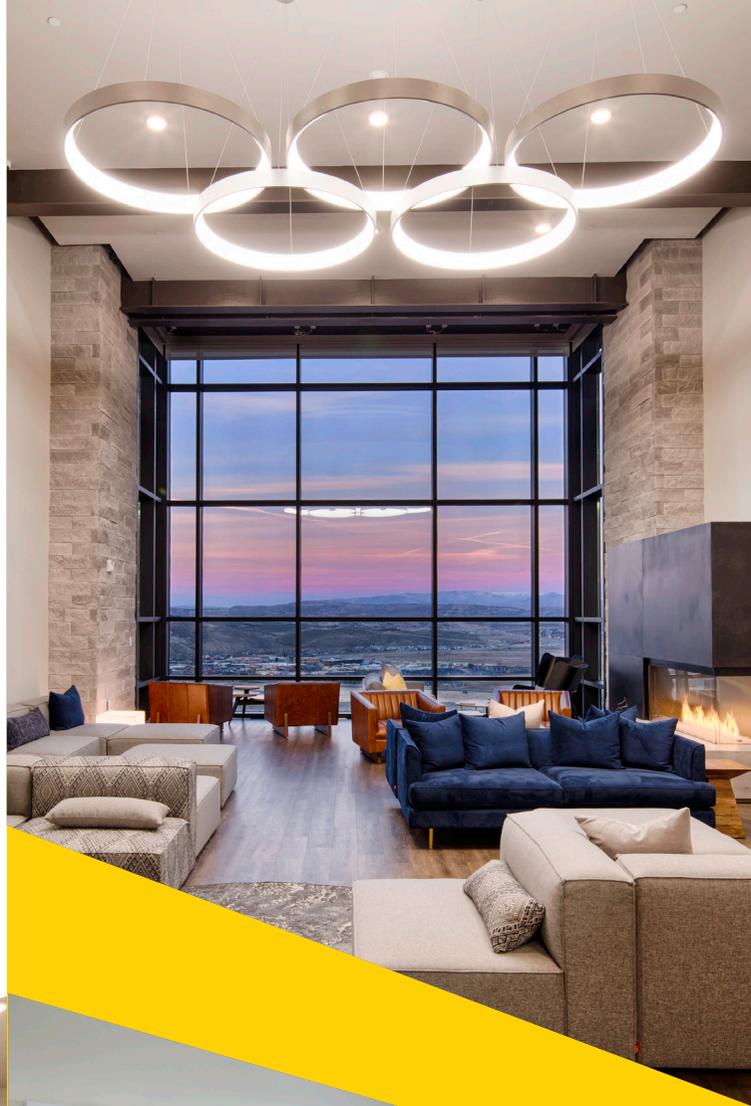
PROGRAM COST

The cost of the summer program is \$600 and includes a season pass to SOHO, access to a strength facility, access to 2 lactate profiles (1 at the start and end of the program), 2-3 coached sessions per week, and team training apparel. Any away camps (Covid-19 dependent) are charged separately. Our goal with all camps is to keep costs low and adventure and quality high! Biathlon athletes will pay a \$450 add-on to cover ammunition and additional coaching.



HOUSING

Housing is available through our parent organization at the Residences at Utah Olympic Park. The residences feature single, double, and quad rooms plus shared living, cooking, and laundry space. Other housing options include renting a room or house in the Heber Valley.



APPLY NOW

We are looking for 5-10 athletes of all backgrounds, genders, and ethnicities who can work well together and push each other to be better skiers. Please send Coach Gerrit an email at ggarberich@uolf.org with the following information:

1. Name, age, club, school/year, and current coach.
2. A quick life story in regards to skiing and racing.
3. Current USSA points (from list 7 or 8):
4. 3 SMART goals for your 2021 summer training season:
5. 3 ways you can give back to the Utah nordic community
6. Will you be flying or driving to Utah?
7. Do you need to secure housing in Utah for the summer?
8. Will you need to work while in Utah? If so, would you like to be considered for employment at either the Utah Olympic Park or Soldier Hollow Nordic Center?
9. We can also support athletes on a year round basis or with Biathlon if interested. Please mention in your application if you are interested in either of these options.