

AUGUST 17, 2020

# CSC NEWS

*The latest news and updates from CYPRESS SKI CLUB*



## HIKES AND PHYSICAL CONDITIONING SESSIONS HAVE BEEN ON GOING

Hastings Park and Ambleside Beach have been the venues where our summer sessions have been taking place, in beautiful weather. Hikes have included Lighthouse Park, Cypress Park, and Mt Seymour. Children have learned to push themselves to achieve the goals set by coaches, and at the same time connect with nature. We encourage those that have not joined us to do so before the summer slips away!



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**ONGOING  
ACTIVITIES:HIKES AND  
DRYLAND SESSIONS**

**PHYSICAL  
CONDITIONING  
GOALS FOR U14-U16**



# SUMMER PHYSICAL CONDITIONING GOALS FOR U14-U16 RACERS

## U14-U16 SUMMER WORKOUT GOALS:

- Musculation: Promote correct movements and mobility in every motion. Acquire the full range of mobility for a given joint.

Discover different motions, according with correct gestures.

Learn basic power lifting with elastics band.

Work core, and stomach muscles contracting transversal abdominal muscles.

Develop glute, hamstring, and calf muscles to prevent against injuries and to perform all movements correctly.

## Exercises :

- Mobility : shoulder hips, ankles, pelvis, upper body rotation etc.
- Walk and move like an animal
- Elastics bands- Skipping rope
- Work on beach sand

## Athleticism:

Learn or re learn basic physical skills (jump, skipping rope, throw, crawl, roll, run forward, backward)

Learn athletic running motion, keep body alignment, using hamstring, pelvis position

## Exercises

- Agility Ladder
- Skipping rope
- Athleticism skills
- Elastics bands
- Aerobic: Be capable of performing all exercises correctly and with the same intensity during each session.

Develop a strong mental ability, push yourself, overcome (transcend) yourself

Exercises: bike, run, hike,

## NEW EQUIPMENT GUIDELINES FOR RACING UP ON OUR WEBSITE

GUIDELINES FOR ALL MOUNTAIN-FREERIDE TO  
BE PUBLISHED SOON

**DISCOUNTED SEASON PASSES ARE  
NOW AVAILABLE ON OUR WEBSITE.  
CLICK HERE**

