



SUMMER PROGRAM 2026

Devo + Prep · Mid-June – Mid-August · 8 weeks · 1.5 hrs/week

Here are the details for our summer program. Roller skiing, trail running, strength, and games. The goal: stay fit, build skills, have fun, and keep the crew connected through the off-season.

THE BASICS

Who	Devo & Prep
When	8 weeks, mid-June through mid-August. Day TBD — Tues, Thurs, or Fri afternoon (quick poll coming).
Length	1.5 hours per practice, 1x/week
Where	Rotates by activity — pavement for roller ski days, trails for running/strength days. Location sent week-by-week.
Cost	\$200/skier, paid upfront via the GTSSF website (registration link to follow)
Coaches	Lindsey & Otti

8-WEEK PROGRAM*

Date	Focus	What we'll do
Fri June 19	Roller ski basics	Intro - gear check, balance, safe falling, easy pavement. Games to set the tone.
Fri June 26	Roller ski technique	Classic + skate fundamentals, low-stakes drills, short intervals.
Fri July 3	Trail running	Uphill scrambles, downhill flow, navigation game on the trails.
Fri July 10	Strength + play	Bodyweight strength circuit, agility games, relay races to finish.
Fri July 17	Roller ski	Apply weeks 1-2 with longer pavement loops and pursuit-style games.
Fri July 24	Trail adventure	Bigger trail run with a story arc - scavenger hunt or point-to-point.
Fri July 31	BREAK	BREAK

Fri Aug 7	Mixed / strength	Combo day - short run, strength stations, games.
Fri Aug 14	Season finale	Big game day + light fitness challenges + treat. Send-off into the school year.

WHAT TO BRING

<p>Every practice</p> <ul style="list-style-type: none"> • Full water bottle • Snack for after • Sunscreen • Athletic clothes for the weather • Trail running shoes 	<p>Roller ski days</p> <ul style="list-style-type: none"> • Roller skis (kids bring their own) • Ski poles with rubber ferrules • Helmet (required) • Gloves recommended • Knee pads (required) • <i>Don't have rollerskis? Let us know.</i>
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QUESTIONS?

Feel free to reach out to: lindsey@gtssf.org or otti@gtssf.org

**Dates will be finalized once we align with parents. We may change the program slightly depending on the number of athletes or weather but will communicate in a prompt manner.*