



CLINICS at BOGUS BASIN NORDIC CENTER

Schedule:

December 16th - Skate Technique

9:00 am to 10:30am - SWIX Wax Clinic: Learn the latest tricks to creating fast skis; through advanced SWIX waxes, professional application, and the importance of base structure in varied conditions.

11:00am to 1:30pm - On snow Skate Technique Clinic: From intermediate to advanced technical analysis, skills & drills to improve technique and efficient body position.

December 17th - Classic Technique

9:00 am to 10:30am - SWIX Wax Clinic: Learn how to properly apply SWIX kick waxes and klister. Defining the wax choice for different snow types and air temperatures.

11:00am to 1:30pm - On snow Classic Technique Clinic: From intermediate to advanced technical analysis, body position for optimizing kick, glide, stride and double pole.

These clinics will be conducted by **SWIX TECHNICAL TEAM** members, **Eric Jensen** and **Joe Jensen**. Each session will be limited to 40 participants, please e-mail jjensen@aceco.com to reserve your spot for this fun and educational opportunity.

This two day clinic is FREE to the public thanks these sponsors:

