

ProspectHERS Nordic Ski Program

2025

Program Mission

The Mission of *ProspectHERS Nordic Ski Program* is for women to foster a love of Nordic skiing through a social, supportive, instructional, and positive experience.

Instructor

Donna Smyth, Ed.D., RYT is the founder and director of *Wildfire Yoga & Fitness, LLC*. (www.wildfireyogafitness.com). She has been teaching, coaching, and helping others lead a healthy active lifestyle for over 35 years.

From 1988 to 2021 Donna was a faculty member in the Human Performance and Movement Sciences Dept. at Keene State College. Prior to her work at Keene State, Donna taught and coached at Smith College. She also has experience teaching in the Outdoor and Recreational Sports Program at Hampshire College.

As an endurance athlete, Donna's passion is promoting lifelong physical activity, particularly outdoors. Her experience and love of trail running, and cross-country skiing has provided opportunities for her to work with folks of all ages and abilities to enjoy the exhilaration of mastering a new skill, and to experience success in competition. She has coached cross-country skiing at all levels (e.g. Bill Koch Youth Ski League, Junior and Master athletes, New England Junior National Team Coach).

"I believe that embracing a healthy, active lifestyle contributes greatly to one's physical and mental well-being. As a physical educator, Yoga teacher, and coach, I am able to help the people with whom I work to achieve their goals."

What You Should Expect

This program is **developmental and sequential**. This means that each class session progresses from the previous one. Participants should expect to commit to attending all three class sessions within their desired program. For example, if you register for "Classic With Ease" you should plan to attend that class (only) on all three days. Please note that you should register for only one program.

Each 1.25 hr. session will focus on skill development, on-snow fitness, and "ski camaraderie." **To provide a quality experience, each program is limited to 6 participants.**

Class sessions and descriptions:

Thursdays (January 9, 16, & 23)

- 9:30-10:45 **Beyond Beginner Skate** (you have had some experience on skate skis, but want to enhance your technique so that you can dash up those hills, step turn, and ski down with confidence)
- 11:00 – 12:15 **Beginner Skate** (you have experience classic skiing and can snowplow, herring bone, etc.; you want to learn the basics of skate skiing to have fun on the trails)
- 12:45 – 2:00 **Classic With Ease** (you have had some experience with classic skiing, but want to "ski with ease" on most trails (e.g. diagonal stride, double pole, kick-double pole, uphill/downhill, step turns)

NEW this Year! Skate Ski Training for Speed and Endurance

- Tuesdays (January 7, 14, 21), 10:00 – 11:15 a.m.

This program is for skate skiers who can ski 5km or longer and utilize all three skate ski techniques. V1, V2, V2 Alternate. The focus of this program is for the skier to fine tune technique, work on efficiency as well as speed.

Program Cost

The cost for each program is \$75, payable to Prospect Mt. Nordic (first session, payable at the Prospect ticket counter). The program fee is non-refundable. If snow/weather conditions do not permit an on-snow session, the make-up day is January 28th "Skate Ski Training for Speed and Endurance," January 30th for all other programs.

Equipment is not Provided

Skis, poles, and boots are required for all ProspectHERS Nordic Ski Programs. Equipment is not provided. *Ski equipment can be rented at the Prospect Nordic Center.* The proper fit of equipment is imperative. Classic and skate equipment is VERY different. Please be sure to have the proper equipment for your chosen technique.

Trail Pass

When you are skiing with The Prospecthers, a Prospect Mt. Season Pass or day pass is required.

Liability Waiver

Must be signed prior to the first session.

Other Questions or Concerns

Please contact Donna Smyth (wildxc@comcast.net) or 802.579.3360.

To register: Please contact Donna Smyth (wildxc@comcast.net)