

Cross country skiing clinic to be held in Anchorage

ANCHORAGE--Heikke Kantola, nordic program director for the national ski team of Finland, will be in Anchorage December 27-29 to give Alaska cross-country ski coaches and skiers a firsthand report on techniques and training methods now being used by some of the world's best skiers.

Kantola's appearance at the special coaches clinic, an informational prelude to the National Cross-Country Ski Championships at Kincaid Park December 31-January 7, is made possible through a grant from the U.S. Olympic Committee and will be presented by the U. S. Ski Association--Alaska Division and the University of Alaska at Anchorage Ski Team. The Nordic Ski Club of Anchorage will co-sponsor the clinic which will be held at the UAA Consortium Library, UAA campus, Room 211. Sessions will be held from 9 a.m. to 4 p.m. on Tuesday, 1 p.m. to 10

p.m. on Wednesday and 9 a.m. to 4 p.m. on Thursday. Half the clinic time will be spent in lecture and discussion, the other half in on-snow training.

Kantola has a worldwide reputation for his coaching success. Finland consistently produces some of the world's most outstanding nordic skiers who are always contenders for top honors in world competition. Kantola is also personal coach to his wife, Kilkka Kantola, who was a member of the second place Finnish relay team

in the 1976 Olympics.

Coaches from all over Alaska and the Pacific Northwest are expected to attend the special clinic. The USSA-Alaska Division is particularly interested in encouraging attendance by bush coaches who are attempting to start nordic competition in their area. Limited funds are available to help meet their travel expenses to the clinic.

Kantola's topics will range from the structure of the Finnish national and local cross-country racing programs to what

training techniques are currently being used by Russian and East German skiers. There will be technique sessions dealing with diagonal stride, turns on the flats and double poling. He will teach the coaches how to identify skier problems, how to correct them and will offer critiques of local training methods. Kantola is also expected to discuss the latest developments in sportsmedicine.

The complete clinic schedule and full details are available from Jim Burkholder at 333-

0889 and Jan Jones at 277-3915 in Anchorage. Although the clinic is designed for coaches, interested skiers and the general public are invited to attend. There will be a nominal registration charge for the three-day clinic.

Further information about the National Cross-Country Ski Championships at Kincaid Park the week following the clinic is available from Burkholder or from Laura Hamilton at 333-0080.