



## Gunstock Nordic Association Winter Membership fees

### About Gunstock Nordic Association.

Gunstock Nordic Association (GNA) is a non-profit organization based at Gunstock Ski Area in Gilford NH. Our Mission is to promote Nordic skiing and jumping by providing the participant quality coaching and top-notch facilities in a safe, respectful and encouraging environment.

GNA has been the premier training organization in Central NH for jumping and cross-country skiing since 1937. Annually, GNA hosts local, state and national competitions on their cross-country ski trails. GNA skiers compete in Nordic events throughout New England during the winter months, and many attend training camps at GNA and around the world during the summer and fall seasons.

### World-Class Coaching

GNA's internationally-renowned coach train athletes of all levels and abilities, helping skiers to reach their goals. Cross-country ski coach, Nina Gavrylyuk, is originally from St. Petersburg, Russia, where she graduated from the P.F. Lesgaft State Institute of Physical Culture as a qualified ski coach. As a member of the Russian National Team, her accomplishments include 3 Olympic gold medals, 5 individual World Cup victories, and 10 World Championships. Her 15 years on the World Cup Circuit bring a wealth of knowledge and experience to GNA.



### Affiliations

GNA is affiliated with the New England Nordic Ski Association (NENSA); New England's cross-country skiing link to the U.S. Ski & Snowboard Association (USSA). NENSA is the parent organization of the Bill Koch Youth Ski League (BKYSL), the organization whose mission is to introduce children to the lifelong sport of cross-country skiing with its recreational, social, fitness and competitive opportunities



### Joining GNA

Prospective members are welcome to attend 2 practice sessions FREE of charge before deciding upon joining. Parents are responsible for providing transportation for their children to all camps, practices and race events. Parents' involvement and encouragement are key to a child's success and satisfaction in any endeavor. Volunteer help from member families is critical to the success of GNA

### Basic XC Membership \$200.00

- Clubhouse access
- Includes up to 6 instructional clinics with coach and former Olympian Nina Gavrylyuk.  
See website for dates and times of clinics,  
Bring your friend for \$20 for each of 6 clinics

### 9 Week Children's Program \$175.00

- Tuesdays and Thursdays
- GNA-sponsored events/Children's Ski Program

### Competitive BKL XC Level \$450.00

Up to J3 –age 13 and under by December 31

- Professional coaching weekdays
- Waxing and coaching at select BKL and NENSA events

### J2 and older Race Level \$800.00

Age 14 and older by December 31

- Intensive professional coaching and training weekdays
- Waxing, coaching and strategic planning at select NENSA races

### Masters XC Level \$400.00

- Includes benefits of basic membership plus:
- Professional coaching 2 days per week (Tuesday and Thursday 9-11am).
- Night skiing-optional
- Light racing is optional

### Jumping Program:

Future programs will be tailored to level of interest and participation.

If interested, please contact:

Lisa Kling at [klingski@aol.com](mailto:klingski@aol.com)

*Family discounts are available to 4 members of the same immediate family - must have a single address to qualify for 20% discount off total membership*