



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 coaches 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 critical to the success of GNA.



Gunstock Nordic Association

Winter Membership fees

#does not include NENSA fee membership

Basic XC Membership and Children's Program **\$150.00**

- GNA news (e-mail/website)
- GNA-sponsored events/Children's Ski Program

Competitive BKL XC Level **\$400.00**

Up to J3 – age 13 and under by December 31

Includes benefits of basic membership plus:

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

J2 and older XC Level **\$750.00**

Age 14 and older by December 31

Includes benefits of basic membership plus:

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

part time competitive XC level , please email gunstocknordic@msn.com

Masters XC Level **\$300.00**

Includes benefits of basic membership plus:

- Professional coaching 2 days per week (Tuesday and Thursday 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

Full Year Membership **\$1000.00**

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 fees.