

Online training and sports sites

By Emile Andre

You can't spend all your time on the slopes or playing games—too bad. So when you're not outdoors doing what you like best, visit these sites for web-based updates and more.

sportcare.com

The place to go when you break down. Sportcare has over 1000 team physicians and sports medicine specialists onboard. Although they have some tips on training, the focus is identifying what injury you've managed to get, and what to do about it.



epicski.com

Home of the Barking Bear Forums—chat rooms for ski fanatics. People really use these forums—all of them had hundreds (sometimes thousands) of hits, and were all active every day. Great classifieds to buy/sell used gear. For skiers, not boarders.



snowboardnetwork.com

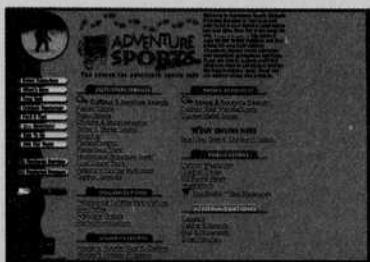
Boarder's delight: News, updates, competitions, classifieds. Best feature: Boarder of the week awards, with interviews that are archived so you can go back and read them all. Check out "Snow Rules," too, the white powdery online version of "Road Rules," featuring the on-camera antics of pro boarders.

boealps.org/skitips.html

If you've got a sense of humor about the foibles of ski season (or you want to develop one), take a quick visit to this site for ski self deprecation.

adventuresports.com

To complement your interest in team sports, go to adventuresports. Here you can get the online lowdown on hiking, rafting, cycling, climbing and other individual activities. Has special sections for preseason training, to get you ready for ski season. Great guides to ski adventures and eco-tours worldwide.



eteamz.com

A community of college and pro teams that shares training information, pregame rituals and summer training camp information. The message boards have incredible traffic,



with loads of discussion about games, practicing and especially, getting an edge on opponents.

allprotraining.com

This site has information and tips from professional coaches. Great information on nutrition, training techniques and special skills. Aimed at improving all athletes. APT is easy to use, pleasant to navigate.

www.learn-sports.com

Concentrates on skiing, running, tennis, coaching water sports and golf. Most interesting cross training tip: Doing tai chi to improve your skiing. •

For fitness sites, online personal trainers and workout tips go to steamtunnels.net and search using keyword "fitness."

XFL Facts™

- According to the league XFL doesn't stand for anything.
- The inaugural XFL Championship Game is on April 21, 2001.
- Average ticket price is around \$25.
- The XFL will use players who normally would play for the CFL, NFL Europe and the Arena League.
- The XFL contract is six months, with a league option for an additional year.
- Training camps will run from Jan. 2 until Jan. 28.
- There will also be incentives for teams that win. The winner of each game will share a \$100,000 bonus. There are bonuses for teams that make the playoffs, and a \$1 million bonus for the championship team.
- There are eight teams; they play ten games.
- Each team will carry 70 players into training camp. Final rosters will have 38 active players and 7 practice squad players.

For profiles of each XFL team, go to steamtunnels.net and search using keyword "XFL."

Source: XFL.com and xflboard.com