



# SISU ADULT GROUPS & PROGRAMS

## Summer/Fall/Winter 2011-12

SISU NORDIC SKI FOUNDATION

[www.sisuskiers.org](http://www.sisuskiers.org)

### SISU MASTERS SKI PROGRAMS

The Sisu master programs are for any adult Nordic skier – beginner to advanced – who has an interest in improving their ski technique and fitness in a supportive environment with a group of like minded adult skiers. With a variety of programs catering to the beginner, citizen racer, and elite athlete, Sisu masters has a program to help any motivated skier get the most out of their skiing. Participants will benefit from the extensive coaching and racing experience of the coaches as well as the opportunity to meet other skiers with similar interests. Opportunities for additional activities exist as well, including camps, travel, race support, physiological testing and training plans.

#### ☐ ST. PAUL YEAR-ROUND-THURSDAY NIGHT

5.5.11 – 2.16.12 (42 sessions)

The Year-Round Sisu Training program is ideal for the citizen racer or outdoor enthusiast who will benefit from the extensive ski experience of our coaches, as well as the opportunity to meet other skiers with similar interests. By breaking into smaller groups of comparable experience and ability for each training session, we are able to customize the instruction to the needs of our participants. Regardless of your level of condition at the beginning of the program, or your area of interest – racing, cross training, or recreational skiing – you will learn how to increase your proficiency and fitness as a skier. Roller skiing required. Summer/fall sessions will alternate between dryland training and rollerskiing, with snow skiing come winter.

**FOCUS:** Technical Aspects of Skiing (ski, rollerski & foot)

**COACHES:** Ahvo Taipale/ Ben Popp/Bruce Fiedler/Greg Weier/Mike Nightingale

**TIME/LOCATION:** Thursday, 6:30-8pm, Battle Creek

**PRICE:** \$399

#### ☐ ST. PAUL YEAR-ROUND-WEDNESDAY MORNING

5.10.11 – 2.14.12 (41 sessions)

A Similar program to Thursday night Year-Round, but in a smaller group setting held in the mornings.

**FOCUS:** Technical Aspects of Skiing (ski, rollerski & foot)

**COACHES:** Ben Popp

**TIME/LOCATION:** Wednesday, 9am, Battle Creek

**PRICE:** \$399

#### ☐ ST. PAUL YEAR-ROUND-TUESDAY NIGHT

5.10.11 – 2.14.12 (41 sessions)

A little more intensity focused, training oriented, very high quality workout, still some technique. Workouts completed in a smaller confined area so different levels of skiers can be accommodated. Work on technique at speed.

**FOCUS:** Fitness, Training Periodization, Ski specific Intensity/Power workouts (ski, rollerski & foot)

**COACHES:** Ben Popp, Mike Nightingale

**TIME/LOCATION:** Tuesday, 6:30am, Battle Creek

**PRICE:** \$399

#### ☐ ST. PAUL FALL-WINTER

10.5.11 – 2.15.12 (22 sessions)

The adult Fall-Winter program provides many of the same benefits as the year-round program, just starting after the summer season is over. Ideal for the citizen racers, beginning skiers, outdoor enthusiast, or intermediates looking to become more efficient who will benefit from the extensive ski experience of our coaches, as well as the opportunity to meet other skiers with similar interests. Each week, the large group breaks into smaller groups of comparable experience and ability. Program goals include providing high-quality instruction in the techniques of efficient Nordic skiing as well as the physical training methods which improve Nordic ski fitness. Low impact (No Run/Jump) groups available.

**FOCUS:** Technical/Physical Training Aspects of Skiing (Dryland-on foot and snow skiing)

**COACHES:** Doug Schumacher, Ben Popp, Jon Miller, Kevin Brochman, Marise Widmer, Dick Nysse, Gary Anderson, Myra Smisek

**TIME/LOCATION:** Wednesday, 6:30-8pm, Battle Creek and Como GC

**PRICE:** \$250

#### ☐ MINNEAPOLIS FALL-WINTER

10.4.11 – 2.14.12 (22 sessions)

The adult Fall-Winter program provides many of the same benefits as the year-round program, just starting after the summer season is over. Ideal for the citizen racers, beginning skiers, outdoor enthusiast, or intermediates looking to become more efficient who will benefit from the extensive ski experience of our coaches, as well as the opportunity to meet other skiers with similar interests. Each week, the large group breaks into smaller groups of comparable experience and ability. (continued >>)

Program goals include providing high-quality instruction in the techniques of efficient Nordic skiing as well as the physical training methods which improve Nordic ski fitness.

**FOCUS:** Technical/Physical Training Aspects of Skiing (Dryland-on foot, & snow skiing)

**COACHES:** Greg Rhodes / Jon Miller / Jason Kask

**TIME/LOCATION:** Tuesday, 6:30-8pm, Theodore Wirth, MSP

**PRICE:** \$250

#### ☐ HYLAND MORNINGS FALL-WINTER

10.4.11 – 2.14.12 (22 sessions\*\*)

Looking for a group for your morning workouts and help with technique? Hyland AM's is ideal for the intermediate level skier, or citizen racer who is looking to become a more efficient skier and train more effectively with the time they have. Program goals include providing high-quality instruction in the techniques of efficient Nordic skiing as well as the physical training methods which improve Nordic ski fitness.

**FOCUS:** Technical/Physical Training Aspects of Skiing (Dryland-on foot, & snow skiing)

**COACHES:** Kevin Brochman

**TIME/LOCATION:** Tuesday, 7-8am, Hyland Hills, Bloomington (a 2nd day will be added once it snows)

**PRICE:** \$250

#### ☐ WOMENS SKI NIGHT FALL-WINTER

10.3.11 – 2.13.12 (22 sessions)

Looking for a group of like minded women to workout with? Beginner to advanced, this supportive environment is fun and accommodating for a full range of active women. New program director Mary Vancura has created a program (including many guest experts and coaches) which provides high-quality instruction in the techniques of efficient Nordic skiing as well as the physical training methods which improve Nordic ski fitness.

**FOCUS:** Technical/Physical Training Aspects of Skiing (Dryland-on foot, & snow skiing)

**COACHES:** Mary Vancura

**TIME/LOCATION:** Monday, 6:30-8pm, Battle Creek

**PRICE:** \$199

#### ☐ SKI SCHOOL – LEARN-2-SKI AND LEARN-2-SKI + LUNCH

The Sisu Ski School is a series of classes throughout the winter aimed at introducing skiers to the fundamentals of the sport. There are a range of classes that are designed for beginner and intermediate level skiers. Classes are once a week for 5 weeks, and last 1hr. Classes are a great way to get out and enjoy winter. A complete schedule with times and locations will be available in the fall of 2011. Classes are held at various locations throughout the metro, and at various times (mid-day and evenings). Ski + Lunch classes include a lesson followed by a lunch.

**FOCUS:** Beginning Skiers - Learning the fundamentals of skiing

**COACHES:** Ben Popp / Mike Nightingale

**TIME/LOCATION:** Visit [www.sisuskiers.org](http://www.sisuskiers.org) after 11.15.11 for full list of times and locations.

**PRICE:** \$99 (Lunch + Ski \$150)

#### ☐ F.I.T – FUNDAMENTALS IN TRAINING **NEW!**

Looking for a group to train alongside an experienced coach? A group to introduce you to new activities and challenge your abilities? Or just want a fun workout? SISU F.I.T. is designed to lead participants through a variety of activities (running, biking, skiing, strength training, paddling, etc) while teaching about the fundamentals of fitness, training and healthy living. Meets once a week to complete a group activity/workout, answer your questions, and have a great time with a group of like-minded individuals. Program is broken into 4-8 week sessions.

**FOCUS:** Being Out & Active in a supportive group environment

**COACHES:** Ben Popp / Mike Nightingale

**TIME/LOCATION:** Visit [www.sisuskiers.org](http://www.sisuskiers.org) for full list of times and locations.

**PRICE:** \$99 / session

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# registertoday}

1. Check box(es) for program(s) you're registering for
2. Fill out registration form and waiver
3. Mail back w/ check (we will send you an email confirmation)

## Other Programs and Offerings

### WEST YELLOWSTONE –THANKSGIVING SKI TRIP

Enjoy 5 days (11.23.11 – 11.27.11) of fantastic early season skiing. A great experience of skiing, friendship, learning and FUN! From novice skiers to Olympians, everyone is there to ski and enjoy a start to winter activity! Friends, food, and LOTS of great skiing experiences (and plenty non skiing fun too). A must attend for any skiing enthusiast. All inclusive – direct flight to Bozeman from MSP, meals, ground transportation, hotel (two people per room, option to upgrade to single), trail pass, waxing, video analysis, lactate testing etc.

**Cost:** \$2,099 if reg by 5.1.11 (\$2,499 if after 5.1.11)

### 10 MONTH TRAINING PLAN

Adult Group Training Plan, personalized to your goals/limitations

May 2011 — Feb 2012

**Cost:** \$299

**Notes:** Monthly meetings, continuous email/ph contact

### GREENBODY STRENGTH TRAINING

Ski Specific Strength, Power & Flexibility Training

Thursday's, 5.5.11 – 12.22.11

**Location:** GreenBody Gym, St. Paul

**Cost:** \$299

### LAB TESTING

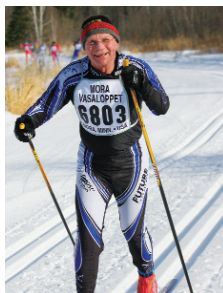
Lab test for Vo2 and lactate profile

**Cost:** \$175

### PRIVATE LESSONS

Private one on one or small group lessons/training sessions

**Cost:** \$75–\$100 depending on group size



### WEEKEND CAMPS, EVENTS & RACES

Visit

[www.sisuskiers.org/events](http://www.sisuskiers.org/events) for

a full schedule of camps, events and unique activities.

<b>TOTAL</b> amount enclosed
\$

Checks payable to:

**Sisu Nordic Ski Foundation**

P.O. Box 485 • Willernie, MN 55090

Or sign up at: [www.sisuskiers.org](http://www.sisuskiers.org)

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Emergency contact (name/phone) \_\_\_\_\_

I am a BEG / INT / ADV (circle one) \_\_\_\_\_

Years skied \_\_\_\_\_

Years rollerskied \_\_\_\_\_

## SISU NORDIC SKI FOUNDATION ASSUMPTION OF RISK AND RELEASE OF LIABILITY

### READ CAREFULLY BEFORE SIGNING

I understand that Nordic skiing, running, bicycling, rollerskiing and other Nordic ski training activities in their various forms (herein collectively referred to as "Activities") are activities that alone or in combination involve many RISKS, DANGERS, and HAZARDS. These risks, dangers and hazards include, but are not limited to, extreme weather conditions, collisions with people or natural or man-made structures, damage to property, and equipment failure. I understand that DAMAGE TO PERSONAL PROPERTY AND INJURIES OF ALL TYPES ARE A COMMON AND ORDINARY OCCURRENCE of these Activities. I also know that the risk of SEVERE INJURY and even DEATH exists when I participate in these Activities. Personal training, coaching, instruction, supervision and enforcement of rules by the Sisu Nordic Ski Foundation, its subsidiaries, affiliates, officers, directors, volunteers, employees, coaches, contractors and representatives, competition organizers and sponsors, and facility operators (hereinafter the term "Sisu" shall be used to refer to all such persons and entities collectively) do not and cannot guarantee my safety.

I also understand that participation in these Activities involves physical exercise and that I should and am herein advised to consult with a physician before beginning or continuing with this or any other physical exercise program.

With full knowledge and understanding of the RISK OF SEVERE INJURY AND DEATH involved in Nordic ski training and competition, I FREELY AND VOLUNTARILY ACCEPT AND FULLY ASSUME THE RISK THAT I MAY SUFFER TEMPORARY, PERMANENT OR EVEN FATAL INJURIES AND DAMAGE TO PERSONAL PROPERTY, even if I follow the instructions or advice of Sisu.

In partial consideration of Sisu's acceptance of my registration to participate in activities with and for Sisu, and in spite of the risk of severe or permanent injury, or even death and damage to personal property, the undersigned (hereinafter "Athlete") agrees to comply with and be bound by the following terms at all times while affiliated with Sisu, whether training or in competition.

1. Athlete hereby unconditionally WAIVES AND RELEASES ANY AND ALL CLAIMS, AND AGREES TO HOLD HARMLESS, DEFEND AND INDEMNIFY Sisu and any and all of its sponsors FROM ANY CLAIMS, present or future, to Athlete or his/her property, or to any other person or property, for any loss, damage, expense, or injury (including DEATH), suffered by any person from or in connection with Athlete's participation in any activities in which Sisu is involved in any way, due to any cause whatsoever, INCLUDING NEGLIGENCE or otherwise, and/or breach of express or implied warranty on the part of Sisu.

2. Athlete hereby RELIEVES SISU OF ANY DUTY TO PROTECT ATHLETE FROM HARM in connection with any Activities in which Sisu is involved in any way.

3. Athlete authorizes Sisu to obtain medical care for, or transport him/her to a medical facility or hospital if, in the opinion of Sisu, medical attention is required and Athlete is unable to make such decisions for himself/herself. Athlete agrees to pay all costs associated with such medical care and related transportation and shall DEFEND, INDEMNIFY AND HOLD HARMLESS Sisu of and from the consequences of such decision and from any such costs incurred relating to the provision of medical care.

4. This Agreement shall be construed in accordance with, and governed by the substantive laws of, the State of Minnesota, without reference to principles governing choice or conflicts of laws. In addition, Athlete agrees that all lawsuits for personal injury or related loss against Sisu must be maintained in state courts sitting in Ramsey County, Minnesota or federal district courts sitting in the District of Minnesota, and Athlete consents and agrees that jurisdiction and venue for such proceedings shall lie exclusively with such courts. In the event any portion of this release is found to be unenforceable, the remaining terms shall be fully enforceable.

5. Athlete acknowledges and agrees that the provisions of this Agreement are clear and understandable to him/her and that he/she fully appreciates and understands the meaning of the terms of this Agreement and their effect.

HAVING CAREFULLY READ THE FOREGOING AND UNDERSTANDING IT TO BE A LEGALLY BINDING RELEASE AND INDEMNITY AGREEMENT, ATHLETE SIGNIFIES HIS/HER ASSENT TO THE ABOVE TERMS BY SIGNING BELOW:

Athlete's Date of Birth (Please Print) \_\_\_\_\_

Athlete's Name (Please Print) \_\_\_\_\_

Athlete's Signature and DATE \_\_\_\_\_

**Multiple Program Discounts available!**

see: [sisuskiers.org/masters/programs](http://sisuskiers.org/masters/programs)  
or [ben@sisuskiers.org](mailto:ben@sisuskiers.org)

FOR MORE INFORMATION

[www.sisuskiers.org](http://www.sisuskiers.org)