

registertoday

Name / Grade *10-11 _____

Address _____

Phone _____

Email _____

Emergency contact (name/phone) _____

Years participated in Sisu programs _____

Years skied _____ Years rollerskied _____

Any health concerns? _____

What HS do you attend? _____

Do you own a green Sisu rollerski vest? _____

SUMMER PROGRAM
10 weeks, Jun 14 – Aug 20

3 Days a Week – Early Morning
Cost: \$345 (\$395 after April 1)

5 Days a Week – Late Morning 9:00-10:30am
Cost: \$445 (\$495 after April 1)

STRENGTH TRAINING (Jun 14 – Aug 20)
Tuesday/Thursday, 3:00-4:00pm; Green Body Gym, St. Paul
Cost: \$250 (\$300 after April 1)

FALL PROGRAM
10 weeks, Aug 30 – Nov 4
(5 Days a week, plus an optional 6th day–Sunday)
Monday–Friday & Sunday, 3:30-5:30pm (Sun 9:00am);
Battle Creek/Afton/Lake Elmo
Cost: \$550



Checks payable to:

Sisu Nordic Ski Foundation
P.O. Box 485 • Willernie, MN 55090
Or sign up at: www.siskuskiers.org

TOTAL amount enclosed
\$

coaches

AHVO TAIPALE, head coach

brings vast experience to the program. He started the Finn Sisu Training Program 20 years ago. Ahvo has coached all levels including Olympians. He has worked with a variety of ages from children through college students. He is a great motivator who pushes athletes to make the most of their training.



MICHAEL NIGHTINGALE, program director

is in his third year with Finn Sisu. Mike was an elite skier before coaching the Division I ski teams at St. Lawrence University, St. Olaf College and Carleton for close to a decade. No matter what level, he loves helping skiers reach their full potential.



BEN POPP, assistant program director

is in his fourth year with Finn Sisu. He has coached for over 12 years and enjoys coaching high school beginners as much as he enjoys coaching National Champion ski teams. Ben coached the ski teams at Carleton, Saint Mary's and Visitation. He has the energy and enthusiasm to motivate anyone.



Other Sisu coaches include:

Jojo Winters, John Swain,
Greg Weier, Richard Clark,
Kris Hansen, David LaChapelle
(strength coach)

Visit sisuskiers.org
for full list of coaches and bios



SISU SKIERS 2010-11 | **JUNIORS PROGRAM**



mission

SISU NORDIC SKI FOUNDATION

The Sisu Nordic Ski Foundation is a non-profit organization dedicated to the development, support and promotion of Nordic skiing in Minnesota. Through advocacy, education, leadership and service, Sisu enables skiers, of all levels, with any goal, the opportunity to succeed.

SISU JUNIORS SKI PROGRAMS

Sisu's Junior programs are for all junior Nordic skiers (7th grade to U21) motivated to improve their ski technique and fitness level. Participants benefit from the extensive coaching and race experience of the staff, as well as the opportunity to meet other students with similar interests. Sisu Skiers provides an environment for a range of junior athletes to reach their goals...from skiers who have never roller skied to those training to achieve State, Collegiate and US Championship titles. We also offer opportunities for additional activities including camps, race travel/support, equipment help, physiological testing and help with training plans.

www.sisuskiers.org | 651.964.8442



programs

SUMMER PROGRAM

REGISTER BEFORE APRIL 1, SAVE \$50

10 weeks, Jun 14 – Aug 20 (rollerskis and helmets required, daily attendance encouraged but not required)

The Summer Program is for skiers interested in having fun and learning to ski faster. This program will focus on building your training base and improving your understanding of the principles of ski technique. The summer program is broken down into groups from beginner roller skiers to elite racers. All abilities will be accommodated and coached at each training session. If you have never roller skied before, want to be All-Conference, are already a state champion, this program is ready to help anyone excited to learn.

3 Days a Week – Early Morning

Cost: \$345 (\$395 after April 1)

Tuesday/Thursday, 7:00-8:30am; Battle Creek, St. Paul
Saturday, 9:00-11:00am; Afton State Park

5 Days a Week – Late Morning 9:00-10:30am

Cost: \$445 (\$495 after April 1)

Monday; Battle Creek, St. Paul
Tuesday; Afton
Wednesday; Battle Creek, St. Paul
Thursday; Lake Elmo
Friday; Battle Creek, St. Paul
Saturday; Afton State Park (optional OD)

STRENGTH TRAINING, POWER AND AGILITY FOR SKIERS

10 weeks, Jun 14 – Aug 20

Tuesday/Thursday, 3:00-4:00pm; Green Body Gym, St. Paul

Cost: \$250 (\$300 after April 1)

As developing adolescent athletes oftentimes great gains can be made through strength training. The Sisu strength program will be held at Green Body Gym in St. Paul and will be led by an expert in the field of general strength, power and agility for endurance athletes.

FALL PROGRAM

12 weeks, Aug 30–Nov 6, \$599 • 5 days/week

(plus an optional 6th day-Sunday)

Monday–Friday & Sunday, 3:30-5:30pm (Sun 9:00am); Battle Creek/Afton/Lake Elmo

The Fall Program is for athletes ready to start specializing in Nordic skiing. Training year-round for skiing is what brings skiers to the next level. The volume and intensity will increase from the summer program. This program will lead you right into your high school ski season.

A "Sunday Only" over-distance / technique option is also available – cost \$100.

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

SIGNATURE OF PARENT OR GUARDIAN REQUIRED BELOW FOR MINOR ATHLETES

As the parent or guardian of the minor Athlete named above, I hereby make and enter into each and every agreement, representation, waiver and release described above on behalf of myself, the Athlete, and any other parent or guardian of the Athlete, intending that they be binding on me, the Athlete, and our respective heirs, executors, administrators and assigns. I intend to give up my right, the Athlete's right, and the right of any other parent or guardian to maintain any claim or suit against Sisu arising out of the Athlete's participation in any Activities involving Sisu in any way. I believe and represent that I HAVE LEGAL AUTHORITY TO MAKE THESE AGREEMENTS, REPRESENTATIONS, WAIVERS AND RELEASES, AND I AGREE TO DEFEND AND INDEMNIFY Sisu from and against any and all liability arising out of any lack of authority on my part to legally bind the Athlete, or any unenforceability for any reason of the above agreements, representations, waivers and releases made by or on behalf of the Athlete.

Name of Athlete's Parent or Guardian (Please Print)

Signature of Athlete's Parent or Guardian and DATE