SISU / MSC JUNIORS

***Prepare yourself** for next year's ski season like never before. You'll get fit, meet new friends, refine technique, work hard…and have plenty of FUN along the way!*

Summer Training Programs

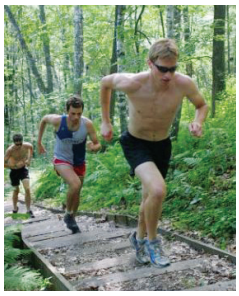
June 13 – August 7 (8wks)

East Metro Mornings

Day/Time/Location/Focus:
M: 9am, Battle Creek, Specific Strength (ski)
T: 7am, Battle Creek, Quickness/Power/Elasticity/Speed (foot)
W: 9am, Lake Elmo/Afton, Intensity (ski, may be on foot sometimes)
TH: 7am, Battle Creek, Specific Strength/Technical aspects of skiing (ski)
F: 7am, Battle Creek, Over Distance (foot, may be on skis sometimes)
Lead Coaches: **Ahvo Taipale/ Ben Popp**

East Metro Evenings, 6:30pm

M: Oakland JH, Distance/Speed (ski)
T: Mahtomedi HS, Easier Distance/Technique (ski)
W: Afton, Hills/Intensity (ski)
TH: Mahtomedi HS, Easier Distance/Technique (ski)
Lead Coaches: **Kevin Brochman/Mike Nightingale/Justin Young**



Hyland Evenings, 6:30pm

M: Hyland/Bloomington, Distance/Technique (ski)
W: Hyland/Bloomington, Intensity/Bounding (foot)
TH: Hyland/Bloomington, Specific Strength (ski)
Lead Coaches: **Kevin Brochman/Mike Nightingale**

West Metro Early Mornings, 7am

M: Elm Creek, Distance/Speed (ski)
T: French Park/Plymouth, Distance/Strength (ski)
W: Elm Creek, Distance/Technique (ski)
TH: French Park/Plymouth, Intensity/Strength (ski)
F: Elm Creek, Specific Strength/Technique (ski)
Lead Coaches: **Kevin Brochman/Mason Bacso**

West Metro Late Mornings, 9am

T: French Park/Plymouth, Distance/Strength/Power (foot)
TH: French Park/Plymouth, Intensity/Strength (ski)
Lead Coaches: **Kevin Brochman/Mason Bacso**

PRICING INFORMATION & OPTIONS

Below is pricing based on # of training sessions you plan to attend per week.

Example: if you participate in East Metro Mornings M/Tu/W and East Metro Evening on Thursday nights, that is a total of 4 sessions per week – so $399.

- 2x per week - $225 ($275 after 4.1.11)
- 3x per week - $325 ($375 after 4.1.11)
- 4x per week - $399 ($449 after 4.1.11)
- 5x per week - $499 ($549 after 4.1.11)
- "Season Pass" – come to any session you want, all summer - $750

SAVE $50!
WHEN YOU REGISTER BY 4.1.11

Other Programs and Offerings

April – August

SPRING / SUMMER 2011

Spring Training Program

What: Rollerski Technique & Ski
When: Sunday April 3 – June 7 (10 wks), 3-5pm
Location: Mahtomedi
Price: $125

Northshore Summer Training Camp

What: Volume and Technique camp
When: August 11 – 14
Location: Northshore MN
Price: $165
Notes: Includes food, lodging, coaching

GreenBody Strength Training

What: Ski Specific Strength and Power Training
When: June 13 – August 7
Location: GreenBody Gym, St. Paul
Price: $195

Roller Ski Rental

What: Rent rollerskis for the summer (8 wks)
Price: $75

Lab Testing

What: Lab test for Vo2 and lactate profile
Price: $165

"The will to win means nothing without the will to prepare."
–Juma Ikangaa

FOR MORE INFORMATION

SISU NORDIC SKI FOUNDATION

www.sisuskiers.org