



## The SISU Skiers Fall/Winter Program Begins Wednesday, October 5

Welcome to the SISU Skiers Fall/Winter ski program. We would like to invite you to another great year of technique and training development, with lots of fun!!

Many of the coaches will be returning, and they are anxious to assist you in meeting your Nordic skiing goals.

Highlights for the 2011-12 Fall/Winter Program:

- Continuation of the No run/No jump training group (dry land phase)
- Widened trails with more room for teaching groups
- Trail grooming on the ball fields providing increased instructional area
- Saturday on snow videotaping sessions early in the season-open to all interested participants
- Opportunity to learn/improve both classic and skate ski technique
- The same great instructor to participant ratio
- Having fun with other like minded outdoor enthusiasts

The first session will be held in the large meeting room at Battle Creek Recreation Center on Wednesday, October 5 beginning at 6:30 PM. We hope that you can join us!

To register for the Fall/Winter Training program visit the web site at <http://www.sisuskiers.org/masters/programs>.

Questions? E-mail Doug at [schubales@comcast.net](mailto:schubales@comcast.net) or Ben at [info@sisuskiers.org](mailto:info@sisuskiers.org)

**“No snowflake ever falls in the wrong place.”**

***-Zen saying***