



## **Women's Group 2011-2012**

Welcome and welcome back!!

My name is Mary Vancura, and I will be the full-time coach for the SISU women's group this year. I have been a coach with the Wednesday adult program for the last two years and was a substitute coach for the women's group last year.

The first SISU women's group will be on Monday, October 3, 2011 from 6:30-8:00 pm at Battle Creek Park. We'll begin by meeting inside the recreation center (conference rooms to the left as you enter) and continue with a workout so please bring a pair of classic ski poles (they can be old or new) and wear workout clothes and shoes. As a reminder, there are two sections of Battle Creek Park. Please come to Battle Creek Winthrop (NOT the Water Park). **If you get lost, my cell phone number is 612-597-3431.**

Here are a few things to expect this year:

1. All of our dryland workouts will be at Battle Creek
2. Dryland workouts can be tailored to skiers who cannot run or jump.
3. Most of our on snow workouts will be at Battle Creek. The trails were recently improved and look great. We also anticipate that the softball fields will be groomed this year which will accommodate more instruction space.
4. In order to accommodate skiers who prefer classic only or skate only, I want to try something new this year. On-snow ski meetings will begin with a group warm-up and will be followed with 30 min of skate instruction and 30 min of classic instruction. There will also be a workout option for those who are interested. We will assess how this works after the first four weeks of on-snow meetings.
5. As a way to expose skiers to different trails, we will try out at least three alternate on-snow locations including Theodore Wirth Park, Lake Elmo Regional Park, and Green Acres, more information is forthcoming
6. If it is a poor snow year, Battle Creek will likely not be a great place to meet and we will find a substitute with snow-making capabilities such as Theodore Wirth Park, Green Acres, or Elm Creek.
7. If you have any questions before October 3rd, please contact me at [cheeseandbreadsticks@gmail.com](mailto:cheeseandbreadsticks@gmail.com)

I'm looking forward to seeing you again or meeting you for the first time on October 3rd.

Mary