



SISU JUNIORS | 2012

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

Dates: June 18 – August 10 (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, Over Distance (ski – on foot sometimes)
- TH: 7am**, Battle Creek, Specific Strength/Technical aspects of skiing (ski)
- F: 9am**, Battle Creek, Intensity (foot)

East Metro Evenings, 6:30pm

- M:** Lake Elmo, Distance/Speed (ski)
- T:** Mahtomedi HS, Easier Distance/Technique (ski)
- W:** Afton, Hills/Intensity (ski)
- TH:** Mahtomedi HS, Easier Distance/Technique (ski)

West Metro 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 (foot)

Summer Training for the College Athlete

Video/lactates/group training
M/W/F: 9am, East Metro, Cost: \$99

“The SISU summer program is remarkably versatile. They make it possible to find a schedule and combination of intensity levels that work for you. The SISU summer program attracts some of the best skiers in the metro area, and working out with them all summer pushed me to a new level. And the SISU trainers really know alot about skiing.”

– SISU Junior program participant

GET FIT. HAVE FUN. REPEAT ...



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 4.1.12)
 - 3x per week \$325 (\$375 after 4.1.12)
 - 4x per week \$399 (\$449 after 4.1.12)
 - 5x per week \$450 (\$499 after 4.1.12)
 - Season Pass \$500 (\$550 after 4.1.12)
- (come to any session you want, all summer)

ALL REGISTRATION IS ONLINE AT
www.sisuskiers.org

Pay with CC (processing fees apply) or by check (no processing fees)



CAMPS & PROGRAMS

JUNIORS 2012

PROGRAMS

SPRING TRAINING PROGRAM

What: Distance Rollerski and Technique
When: Sundays, April 15 – June 10 (8 wks), 3-5pm
Location: Mahtomedi
Price: \$125

FALL TRAINING PROGRAM

What: Designed for the competitive skier to prepare for the race season, meets 5x's a week
When: Tuesdays, Sept 4 – Nov 9 (10 wks), 3-5pm
Location: Various East Metro Locations
Price: \$495

OTHER

GREENBODY STRENGTH TRAINING

What: Ski Specific Strength and Power Training
When: June 19 – August 9 (8 wks / 2x per wk)
Location: GreenBody Gym, St. Paul
Price: \$195

ROLLER SKI RENTAL

What: Spring 4/1 – 6/1 is \$50, Summer is 6/1 – 8/15 is \$75 or both is \$110

LAB TESTING

What: Lab test for Vo2 and lactate profile to determine training zones
Price: \$165



“Coaches are approachable, work with the athlete and summer programming is a lot of fun...all which are important in developing young Nordic athletes. Oh, and let’s not forget they have proven results!”

– Parent of HS athlete

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CAMPS

JUNE GIRLS ONLY! TRAINING CAMP

What: Volume and Technique camp
When: June 22 – 24
Location: Central WI
Price: before 6/1 \$120, after \$140
Includes: food, lodging, coaching

JULY LAKE COUNTRY TRAINING CAMP

What: Volume and Technique camp
When: July 20 – 22
Location: Northern MN
Price: before 7/1 \$140, after \$165
Includes: food, lodging, coaching

AUGUST TELEMARCK TRAINING CAMP

What: Volume, Technique & Intensity camp
When: August 10 – 12
Location: Telemark WI
Price: before 8/1 \$150, after \$175
Includes: food, lodging, coaching

WEST YELLOWSTONE TRAINING CAMP

What: Early season skiing in Montana at the Yellowstone Ski Festival
When: Saturday, Nov 17 – 24
Location: West Yellowstone MT
Price: TBA
Includes: food, lodging, coaching, Airfare, trail pass

NEW!

D-TEAM

What: A specifically designed year-round athlete development program
Includes: Devoted team coach for group, race support/waxing, race suit, fitness/lab testing and 10% off all training camp fees. Please call 612-327-6331 for more information.

