

## WELCOME

Welcome to the 2001-2002 ski season. This is the fifth year for the Saukko ski. The name Saukko (pronounced Sow/koe) is Finnish for otter; ... otters love to have **fun** in the snow. This theme will hold true for many of the goals of the club, while we develop skills, physical and mental strength, and make new friends.

## MISSION STATEMENT

The Saukko Ski Club is designed for the improvement of Nordic skiers ages 13-25. While winning is considered the ultimate goal, it is more important to have the ability and knowledge to put forth the best possible effort.

## HISTORY

In the last four years an average of nine skiers on the 42-member Midwest Junior Olympic National Team have been Saukko skiers. This includes three national champions, seven additional all-Americans, and many placing in the top 20. At the Minnesota State High School meet Saukko has had three state champions and 19 additional skiers placing in the top ten.

## MEETING

There will be an informational meeting for both parents and athletes on Tuesday, April 23, 2001, at 6:27 PM. We will meet at Finn Sisu (651-645-2443) in the meeting room.

## COACHES

The coaches for the club will be Todd (TJ) Johnson, Pete Moran, Tim Miner, Amy Cichanowski, Fritz Spiegel and many guests

throughout the year. TJ has coached for 12 years, including junior clubs, high school, and the Midwest JO Team. Pete has been coaching for 11 years and is head of Midwest Racing for Rossignol. Tim was an accomplished collegiate NCAA Division 1, and national level racer. Amy has coached for many years and was a top national level racer. Fritz was Jr. All-American and eastern regional NCAA skier.

## VERY PERSONALIZED

One of the main goals for the club is to provide personalized training and high quality coaching. Therefore, the club will maintain a maximum of 1:8 coach to athlete ratio. Training plans are developed around each individual's goals and will be monitored and evaluated. This will include the number of hours and types of workouts. The design of the training plans will give consideration to participation in other sports. Communication and working together with your other coaches is always a high priority. Time is also devoted to the non-physical aspects of racing and training. These "classroom sessions" will include topics like mental preparation, relaxation, pre-race planning, waxing, and concentration.

## YEAR AROUND TRAINING

Training will begin each year in June after school has ended. The **summer** training sessions will be two to four times per week through August depending on the skier. The focus will be on strength/plyo's, technique, intervals, endurance, and classroom work. Once school begins in the **fall**, group sessions will be on the weekdays, including classroom work. The **winter** sessions will include a Thanksgiving Camp, video analysis of training and races, and wax and technical support at USSA races. If conditions allow, after the state meet, when

everyone else has put their skis away- **spring** ski weekends! When the snow is fast and the weather is warm.

## TRAINING SITES

Battle Creek Park has a wide variety of terrain for roller skiing and trail running. The Afton area will be the other site with roller skiing second to none and Afton State Park for hill bounding, hiking, and running.

## SCHEDULE

Meeting times for the summer will be:

- Monday 7:00 AM at Battle Creek or Afton.
- Tuesday 7:00 AM (For full-time)
- Wednesday 6:00 PM at Afton.
- Friday 7:00 AM at Battle Creek or Afton.

## SNOW IN SUMMER\*

For the last seven summers TJ has led a trip to the Haig Glacier located in the Canadian Rockies for a week of on snow summer training. The trip will be during the months of July or August and the cost will be approximately \$600, including transportation. TJ will give you more details as plans unfold.

\*This camp is by invitation only.

## EQUIPMENT

Equipment required includes roller skis (two pairs are preferred, slower for classic and a faster pair for skating); three pairs of poles two with carbide tips (for skating and classic), and the third, below armpit height (for hill bounding). **Full-time skiers** must purchase a medicine ball. You will also need good running shoes, water bottle carrier, and a helmet for roller skiing. If you need to purchase any of the above equipment please call TJ first!

## **COST**

### **Full-time (all year):** \$ call for pricing

- Lactate testing 3 times/yr.
- Full year, comprehensive daily training plans.
- Must train for skiing in the fall.
- Training Logs provided.
- Must tryout for Junior and/or Senior Nationals
- Four sessions per week in the summer.
- Video analysis viewed that day.
- Scheduled fall training sessions.
- Support at USSA JO races.
- Help in equipment selection.
- First chance at Haig Glacier trip and Thanksgiving Camp.
- Team Birke membership.

\*There will also be a college full-time plan including the Lactate testing for the cost of \$call for pricing.

### **Full-time Junior (summer/winter):** \$450.00

- Comprehensive daily training plans for summer and winter months.
- Training Logs provided.
- Skier must tryout for Junior Nationals.
- Four sessions per week in the summer.
- Video analysis viewed that day.
- Optional fall training sessions.
- Support at USSA JO races.
- Help in equipment selection.
- First chance at Haig Glacier trip and Thanksgiving Camp.
- Team Birke membership.

\*The combination of both above Full-time programs will be limited to 12 athletes.

### **Full-time (college):** \$400.00

- Training recommendations.
- Must race actively for college team.
- Four sessions per week in the summer.
- Video analysis viewed that day.
- Support at USSA JO races.
- Help in equipment selection.
- First chance at Haig Glacier trip and Thanksgiving Camp.
- Team Birke membership.

### **Part-time:** \$300.00

- High School or College team racer.
- Ready to make more of a commitment to skiing.
- May have roller skied before.
- Three sessions per week in the summer.
- Video analysis viewed that day.
- Recommendations during summer training to benefit college programs.
- First chance at Haig Glacier trip.
- Team Birke membership.

### **Two days/week:** \$200.00

- Junior High or High School racer.
- Ready to make more of a commitment to skiing.
- Ready to start rollerskiing.
- Two sessions per week in the summer.
- Video analysis viewed that day.
- Focus on technique and fun.
- Team Birke membership.

## **FOR MORE INFORMATION**

Please contact:

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# **SAUKKO SKI CLUB**