



2020-21 Vakava Masters

Fall/Winter

Training and Technique Program

October 15, 2020 - February 18, 2021

(No practice on Thurs. Nov 26, Thurs. Dec 24, Thurs. Dec 31)

Thursday Evenings - 6:30 - 8:00 PM dryland

Tuesday and Thursday Evenings, 6:30 - 8:00 PM when the snow falls

Como Park - Saint Paul, MN

Two-day per week fall/winter program is **\$345**. One-day per week program is **\$270**.

The goal of Finn Sisu's Vakava Masters Fall/Winter program is to help you become a more efficient, stronger, and faster skier. Starting with dryland training on Thursday, October 8, our coaches will provide consistent, personalized attention that will help you improve the skills you need to become a better Nordic skier. Athletes will learn the importance of technique, endurance, strength, agility, and speed. Once the snow falls, we will be skiing on both **Tuesday (classic)** and **Thursday (skate)** evenings.

Finn Sisu's Vakava Masters is open to adult skiers of all ages and skill levels.

Beginner skiers can expect:

- Improved confidence, technique, and endurance
- Feel comfortable to ski on their own on any trail

Intermediate skiers can expect:

- Refine their technique
- Improve race strategies
- Read terrain and transition between techniques effortlessly

Experienced skiers can expect:

- Enhance their race skills
- Apply different techniques to varying terrain

Until we have snow...Dryland sessions on Thursday nights will require athletes to have classic or ski-walking length poles. We will meet at the south end of the parking lot at the Como Park Pavilion, no headlamps required. Dryland training will be on foot, focusing on developing ski-specific balance, coordination, agility, speed, and strength.

Once it snows...On-snow sessions will require skate and/or classic equipment and will meet at Como Park Ski Center, no headlamps required. Our dryland training will be directly applied to our on-snow practices, and will focus on technique, speed, and endurance. Skiers can also expect to become comfortable skiing in varying weather and trail conditions. If you need new equipment, Finn Sisu offers a discount to Vakava members. Skiers can choose to focus on either skate or classic technique, or a combination of both. All on-snow sessions will take place at Como Park.

Our coach, Ahvo Taipale, has decades of experience coaching at all levels and will help you get the most out of each session. Our other coach, Rebecca Kolstad, also has experience coaching at all levels and will keep skiers motivated, energized, and excited to always work hard and keep coming back for more.

Precautions we are taking in response to Covid-19:

As we are navigating through these unprecedented times, the health and safety of you and our community is of the utmost importance to us. We understand that many of you may not be comfortable gathering in groups or participating in events. For this reason, we have capped our program this year to a **maximum of 30 skiers**. Ahvo and Rebecca will divide each practice into two groups of 15 and use different areas of Como Park in order to make it easier for all of us to socially distance while still being able to train and make the most out of our time together. We ask that you do not attend practices if you or someone close to you is feeling ill. Masks will not be required due to our program being held outside, but you can wear one to practice if you so choose.

2020-21 Vakava Masters Fall/Winter Registration Form

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Emergency Contact

Name _____ Relationship _____

Phone _____

Price: \$345 for two days/week during ski season, \$270 for one day/week.

Tuesday (classic) _____ Thursday (skate) _____ Both days _____

Payable by cash, check or credit card

Credit Card _____ Exp ____/____

CVV _____ Billing Zip _____

Send Registration and Signed Waiver to:

Finn Sisu

Attn: Training Groups

2436 Larpenteur Ave. W.

Lauderdale, MN 55113

Phone: 651-645-2443 Fax: 651-645-5617

Email: info@finnsisu.com

waiver _____ payment received _____ check# _____ recorded _____ _____

The attached waiver must be signed before participation.

VAKAVA MASTERS ASSUMPTION OF RISK AND RELEASE OF LIABILITY – READ CAREFULLY BEFORE SIGNING

I understand that Nordic skiing, roller skiing, running and other Nordic ski training activities in their various forms (herein collectively referred to as "Activities") are activities that alone or in combination involve many RISKS, DANGERS and HAZARDS. These risks, dangers, and hazards include, but are not limited to, extreme weather conditions, collisions with people or natural or man-made structures and equipment failure. I understand that INJURIES OF ALL TYPES and DAMAGE TO PERSONAL PROPERTY ARE A COMMON AND ORDINARY OCCURRENCE of these Activities. I also know that the risk of SEVERE INJURY and even DEATH exists when I participate in these activities. Personal training, coaching, instruction, supervision and enforcement of rules by Vakava Racing and Finn Sisu, their affiliates, officers, directors, volunteers, employees, coaches, contractors and representatives, competition organizers and sponsors and facility operators (hereinafter the term "Vakava/Finn Sisu" shall be used to refer to all such persons and entities collectively) do not and cannot guarantee my safety.

I also understand that participation in these activities involves physical exercise and that I should and am herein advised to consult with a physician before beginning or continuing with this or any other physical exercise program.

With full knowledge and understanding of the RISK OF SEVERE INJURY AND DEATH involved in Nordic ski training and competition, I FREELY AND VOLUNTARILY ACCEPT AND FULLY ASSUME THE RISK THAT I MAY SUFFER TEMPORARY, PERMANENT OR EVEN FATAL INJURIES AND DAMAGE TO PERSONAL PROPERTY, even if I follow the instructions or advice of Vakava/Finn Sisu.

In partial consideration of Vakava/Finn Sisu's acceptance of my registration to participate in activities with and for Vakava/Finn Sisu, and in spite of the risk of severe or permanent injury or even death and damage to personal property, the undersigned (hereinafter "Athlete") agrees to comply with and be bound by the following terms at all times while affiliated with Vakava/Finn Sisu, whether training or in competition.

1. Athlete hereby unconditionally WAIVES AND RELEASES ANY AND ALL CLAIMS AND AGREES TO HOLD HARMLESS, DEFEND AND INDEMNIFY Vakava/Finn Sisu and any and all of its sponsors FROM ANY CLAIMS, present or future, to Athlete or his/her property, or to any other person or property, for any loss, damage, expense or injury (including DEATH) suffered by any person from or in connection with Athlete's participation in any activities in which Vakava/Finn Sisu is involved in any way, due to any cause whatsoever, INCLUDING NEGLIGENCE or otherwise, and/or breach of express or implied warranty on the part of Vakava/Finn Sisu.
2. Athlete hereby RELIEVES VAKAVA/FINN SISU OF ANY DUTY TO PROTECT ATHLETE FROM HARM in connection with any Activities in which Vakava/Finn Sisu is involved in any way.
3. Athlete authorizes Vakava/Finn Sisu to obtain medical care for or transport him/her to a medical facility or hospital if, in the opinion of Vakava/Finn Sisu, medical attention is required and Athlete is unable to make such decisions for himself/herself. The athlete agrees to pay all costs associated with such medical care and related transportation and shall DEFEND, INDEMNIFY AND HOLD HARMLESS Vakava/Finn Sisu of and from the consequences of such decision and from any such costs incurred relating to the provision of medical care.

4. This Agreement shall be construed in accordance with, and governed by the substantive laws of, the State of Minnesota, without reference to principles governing choice or conflicts of laws. In addition, Athlete agrees that all lawsuits for personal injury or related loss against Vakava/Finn Sisu must be maintained in state courts sitting in Ramsey County, Minnesota or federal district courts sitting in the District of Minnesota, and Athlete consents and agrees that jurisdiction and venue for such proceedings shall lie exclusively with such courts. In the event any portion of this release is found to be unenforceable, the remaining terms shall be fully enforceable.

5. Athlete acknowledges and agrees that the provisions of this Agreement are clear and understandable to him/her and that he/she fully appreciates and understands the meaning of the terms of this Agreement and their effect.

HAVING CAREFULLY READ THE FOREGOING AND UNDERSTANDING IT TO BE A LEGALLY BINDING RELEASE AND INDEMNITY AGREEMENT, ATHLETE SIGNIFIES HIS/HER ASSENT TO THE ABOVE TERMS BY SIGNING BELOW:

Athlete's Name (Print) _____

Athlete's Signature _____

Date _____