

Nordic ski coaches, this one is for you!

Finn Sisu welcomes coaches of all levels from across the Midwest and beyond to our Coaches Clinics Series. These clinics focus on unifying, updating and expanding the training of ski coaches through highly experienced speakers from around the world, open discussions, and practical demonstrations. The success of Nordic skiers, from junior racers to Olympians alike, begins with informed, expert coaches.

Our first clinic centers on introducing coaches and programs here in the US to the ever-successful European approach. A strong foundation is required in training, and as such we've invited a Finnish coach and researcher at the leading edge of snow sport training, Olli Ohtonen. Please read his brief introduction below:

I have a history of being a cross-country skier myself. I was a professional skier for approx. 10 years and was part of a Finnish national ski team. I participated in one Olympics (Torino 2006) and two World Championships (Val di Fiemme 2003 and Oberstdorf 2005) with best positions around 20th place in WC level races.

After I retired from XC career (2010) I graduated with a PhD in sports science and biomechanics as my major. My PhD is concerned about biomechanics of skating skiing in various speed and fatigue states.

I have been working as a sprint coach in Finnish national ski team in 2013-2018. At the moment I'm working as development manager in University of Jyväskylä, Vuokatti Sports Technology Unit and as a R&D-manager for National Olympic Training Center Vuokatti-Ruka in the same location. My job is to work in the interface of science and practice and to create solutions to aid snow sports coaches and athletes to better results with different methods.

But my passion is coaching, and I have had several athletes for whom I have worked as a personal coach since 2007. Most successful athlete is Iivo Niskanen who I have been coaching for eleven years since 2013.



Series details

Olli plans on two clinic types: lecture and on roller ski practical training. His lecture will detail his studies, coaching style, proven results, and what is being done in Europe to produce successful athletes at the highest level. This lecture will be at [The Trailhead](#) on **Sunday April 7th at 3 pm**, followed immediately by a dryland clinic. Events will conclude by 6 pm.

Bring with you:

- Note taking supplies
- Bounding poles (classic poles work well too)
- Water
- Athletic clothes and running shoes

The second part of Olli's clinic will be roller skiing. We will meet on **Tuesday April 9th at [The Trailhead](#) and begin skiing at 6pm**. We will cover training techniques, drills, and coaching strategies that apply to both roller skiing and on-snow skiing. Park in the Trailhead parking lot, and we will ski on the Luce Line trail and paved path along Wirth Parkway. We estimate the session to be under 2 hours long. **Please bring your skate roller skiing equipment.**

This set of clinics with Olli requires registration, which is \$125 per person. If you or your team are unable to cover the cost of these clinics but you would still like to attend, please do not hesitate to reach out to us because we believe coaches education should be accessible to everyone.

To reserve your spot, please complete the attached form and email it to info@finnsisu.com, or you can mail it to the shop. Payment can be taken in store at Finn Sisu, over the phone, or a mailed in check.

There is a 50 person capacity for Olli's clinics, so register ASAP!

Please direct all questions to info@finnsisu.com or call us at 651-645-2443 and ask for Rebecca.

Finn Sisu
2436 Larpenteur Ave W
Lauderdale, MN 55113
finnsisu.com

Day 1 & 2 Location

The Trailhead

1221 Theodore Wirth Pkwy

Minneapolis, MN 55422

loppet.org

Finn Sisu Coaches Clinic Registration

Name: _____

Phone number: _____

Email: _____

Team/ Organization you are representing: _____

Emergency contact (required for dryland and roller skiing portion)

Name: _____

Phone number: _____

Days you are attending (check both for both days, or just one day if unable to attend both)

Sunday April 7th: _____

Tuesday April 9th: _____

Payment (check one)

Mailed check: _____

Over phone: _____

In store: _____

****Please sign attached waiver. Required for dryland training and roller skiing****

Finn Sisu Event ASSUMPTION OF RISK AND RELEASE OF LIABILITY – READ CAREFULLY BEFORE SIGNING

I understand that roller skiing and dryland 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.

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 roller 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 Finn Sisu.

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

1. Participant hereby unconditionally WAIVES AND RELEASES ANY AND ALL CLAIMS AND AGREES TO HOLD HARMLESS, DEFEND AND INDEMNIFY Finn Sisu and any and all of its sponsors FROM ANY CLAIMS, present or future, to Participant or their 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 Participant's participation in any activities in which demo roller skis or 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 Finn Sisu.

2. Participant hereby RELIEVES FINN SISU OF ANY DUTY TO PROTECT PARTICIPANT FROM HARM in connection with any Activities in which roller skis are in use or Finn Sisu is involved in any way.

3. Where relevant, Participant authorizes Finn Sisu to obtain medical care for or transport him/her to a medical facility or hospital if, in the opinion of Finn Sisu, medical attention is required and Participant is unable to make such decisions for themselves. The Participant agrees to pay all costs associated with such medical care and related transportation and shall DEFEND, INDEMNIFY AND HOLD HARMLESS 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, Participant agrees that all lawsuits for personal injury or related loss against Finn Sisu must be maintained in state courts sitting in Ramsey County, Minnesota or federal district courts sitting in the District of Minnesota, and Participant 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. Participant acknowledges and agrees that the provisions of this Agreement are clear and understandable to them and that they fully appreciate and understand 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, PARTICIPANT SIGNIFIES THEIR ASSENT TO THE ABOVE TERMS BY SIGNING BELOW:

Participant Name (Print) _____

Participant's Signature _____

Date _____