



Summer Camp

June 16-18

Featuring Finnish Coach Kimmo Yliriesto
(\$60 per skier/\$130 family max)

Skiers are made in the summer!

Join us for fun in the sun and ways to improve your:

- ☉ Flexibility and Agility
- ☉ Knowledge and Technique
- ☉ Strength and Conditioning
- ☉ Love for ski jumping

Parents/coaches: get tips to help your jumpers and improve your club program, training sessions, etc.

*Meals provided for registered skiers.
Parents/non jumping siblings may eat
\$5/meal
or
\$15 for the weekend.*

- ☉ *Hotels in Woodbury are at a premium due to a soccer tournament*
- ☉ *Camping at the hill is always available*
- ☉ *Family hosts are available as well*

*For more information, contact Sue Swanson:
651-485-9396 (text) or sudswanson@msn.com*

Friday, June 16

- ☉ 4-6 pm Jumping (20m/46m)
- ☉ Dinner and presentation on athlete development by Guest Finnish Coach, Kimmo Yliriesto

Saturday, June 17

- ☉ 9-noon Jump Session
- ☉ Noon – 1pm Lunch at the hill
- ☉ Afternoon session begins with warmups @ 1:15 pm
- ☉ 4-6 pm Parent/Child Olympics
- ☉ 6-7:30 pm Dinner at hill
- ☉ 8:30 “Ask Kimmo” session for parents and coaches (location TBD)

Sunday, June 18

- ☉ 9-noon Jump Session
- ☉ Lunch
- ☉ Training review/wrap up
- ☉ 2 pm Olympic awards/end of camp