# Pre Birkie Cross Country Ski Technique Clinic
Classic and Skate
Saturday, February 17th, 9am to 12pm @ Blackhawk Ski Club

Supported by

**MAD NOR SKI**
Madison Nordic Ski Club

BLACKHAWK SKI CLUB

**sepp sport** Inc.

**What:** classic and skate cross country ski technique clinic for all level skiers, from beginners to advanced, will future
- technique drills,
- critical technique points,
- video analysis using split screen slow motion and frame by frame analysis
- wax clinic, hot coffee, raffle prizes, training discussions and fun atmosphere

**Who:** Yuriy Gusev, head coach and founder, will lead clinics and discussions. Yuriy Gusev has a college degree in coaching and instructing cross country skiing in Russia and has been working with over 1,000 skiers in the US since 2001 and taught beginners to become good skiers and good skiers to become good racers.

Other Achievements:
- Chief Executive Officer, Central Cross Country Ski Association
- Founder & Executive Director, Capitol Square Sprints
- Founder & manager, CXC Ski Team (31 out of 112 podiums in the 2006-2007 season)

**When:** Saturday, February 17th, 9am to 12pm

**Where:** Technique clinic @ Blackhawk Ski Club (east side)
Video analysis, training discussions, wax clinic @ east chalet

**How much:** $60 per participant (clinic limit is 20 participants)
Same day registration available for first five participants @ $100 per participant
*Clinic fee covers associate Blackhawk Ski Club membeship. For more info on the Blackhawk Ski Club membership visit www.blackhawkskiarea.org

**Registration:** registration available at Sepp Sport Ski Shop and by mail.
Please make check payable to RSSS with "RSSS Clinic" on the memo line and mail it to:
P.O. Box 930442
Verona, WI 53593

**Info:** please contact Yuriy Gusev @ 608.385.8864 if you have any questions or e-mail yuriy@rsss-usa.com

"I've been taking Yuriy's lessons since 2002 and it's too much fun to learn more and more. Every time I have a lesson with Yuriy, I gain extra level of confidence on my skis. I can't wait to ski the Birkie again"

- Pete Anderson, master skier

First Name _____       Last Name _____

Address _____

Phone _____       E-mail _____