

ACKNOWLEDGMENT AND ASSUMPTION OF
RISK AND RELEASE:

I, _____, know that cross-country skiing is an action sport carrying significant risk of serious injury, death or property damage. I also know that there are natural and environmental conditions and risks which independently or in combination with my activities may cause property damage, or severe or even final injuries to me or others.

I agree that I am alone responsible for my safety while participating in competitive events and/or training for competitive events and specifically acknowledge that the following persons or entities including the Minnesota Valley Ski Education Foundation, The Minnesota Valley Cross-County Ski Club, Finn-Sisu, the sponsors, the organizers, coaches, the officials and any agent representative, officer, director, employee, member or affiliate of my person or entity named above are not responsible for my safety I specifically RELEASE and DISCHARGE, in advance those parties from any and all liability whether, known or unknown, even though liability may arise out of negligence or carelessness on the part of persons or entities mentioned above. I agree to accept all responsibility for the risks, conditions, and hazards which may occur whether they be known or unknown.

Being fully aware of the risks, conditions, and hazards of the proposed activity as a competitor and Minnesota Valley and Minnesota Valley X-C ski club member and participant I HEREBY AGREE TO WAIVE, RELEASE AND DISCHARGE any and all claims for damages for death, personal injury or property damage which I may have or which may hereafter accrue to me as a result of my participation in competitive events or training for competitive events, against any person or entity identified above whether such injury or damage was foreseeable.

I further agree to forever HOLD HARMLESS and INDEMNIFY all persons and entities identified above, generally and specifically, from any and all liability for death, personal injury or property damage resulting in any way from my participating in competitive events or training for competitive events.

I currently have, and I agree to maintain throughout the time that I train and compete, valid and sufficient medical and accident insurance. I understand that this is my sole responsibility and release all persons and entities identified above from providing coverage for me.

This Acknowledgment and Assumption of Risk and Release shall be binding upon my heirs and assigns.

Date: _____ Signature: _____

By signing this Acknowledgment and Assumption of Risk and Release as Parent/Guardian, I am consenting to the competitor's participation in competitive skiing and training and acknowledge that I understand that any and all risk, whether known or unknown, is expressly assumed by me and all claims, whether known or unknown, are expressly waived in advance. By signing this waiver I am granting permission to Minnesota Valley and the Minnesota Valley X-C ski Club Staff/Coaches to obtain emergency medical attention if it is not possible to reach the legal guardians by phone.

Date Signature of Parent/Guardian if athlete is under 18 years old

Date Witness (signature and printed name)

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MINNESOTA VALLEY SKI
EDUCATION FOUNDATION

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2008 FALL TRAINING
& YELLOWSTONE
ON -SNOW
THANKSGIVING
CAMP



We ski faster.

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Minnesota Valley is an IRS
approved 501(c)(3)

Fall Basic Program

Cost \$425 Dates: September 8 - October 31.

Don't lose your base in the fall. The best way to have a successful ski season is to continue to work on your base endurance, ski specific speed ski technique and ski strength though the fall. In the fall weekday program we do this with a balance of long ski and running workouts, and we begin to tune up for the season with ski specific intervals. We'll ski, pole hike, and tear apart your technique. Limited to 15 skiers.

Meet at Hyland at 3:00 pm. Kids with late dismissal will start at 3:30 pm. TWTh

Fall Advanced Program

Cost \$650 Dates: September 8 - October 31.

The fall advanced program adds two more training days to the basic program. We ski with the Competition team on Thursdays and the Sunday program on the weekend. The off day on Tuesday allows us to schedule an on own longer training day for Saturday since we start to run out of daylight as we approach the ski season.

Meet at Hyland at 3:00 pm. Kids with late dismissal will start at 3:30 pm. M-Th,SU

Fall Sunday Program

Cost \$150 Dates: September 14 – November 1.

This is for the runners, swimmers, volleyball and soccer players, and the skiers who just want another workout. Split up between distance workouts and technique work, this is the perfect way for multi sport athletes to keep in contact with their skiing through your fall season. As you head into your fall sports it is easy to put skiing on the back burner. But you can lose muscle memory and technique over the fall! Since it is vital that you ski some in the fall, this is your opportunity to do so

with some of the best coaches around. We travel all around the West Metro for this program, using Hyland, Elm Creek, and Cedar trails. Limited to 20 skiers.

2:00 at various sites.

**Thanksgiving On-Snow Festival—
West Yellowstone, MT**

Cost \$849 Dates: November 22—November 30.

You are invited to attend a weeklong on-snow ski camp at the West Yellowstone ski festival this November 22 – November 30. The camp will include seven days of on-snow instruction. We will work on both skate and classic technique every day. Every skier will get one on one videotaping and analysis of both techniques.

The camp cost is \$849. This cost includes almost everything. Food, housing, transportation, trail pass, it's all included. You'll only need money for meals on the road, and any souvenirs.

We will be taking a coach bus from St. Paul to West Yellowstone. MT. We will leave on Saturday at 1 p.m., drive over night and arrive at West Yellowstone the morning of the 22nd. We will be staying and eating at a local Yellowstone hotel, we do not know which one yet. The food includes three meals a day and of course a Thanksgiving feast! On Saturday afternoon we will pack up and head home, arriving in Minneapolis November 30th.

The camp is open to anyone! Tell your teammates. However, space is limited so sign-up soon. Registration closes on November 5th. Last year we filled the camp in October. Once the bus is full, that's it.

Camp will occur no matter what the depth of snow pack. We will advise on required equipment the week before. No refunds after November 1st.

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____ Email _____

\$150 - Sunday - 4:00 pm at various locations

\$425 - Basic Fall M,W,F Hyland

\$650 - Advanced Fall M,W,Th,F & S

\$849—Week long on-snow camp in West Yellowstone.

*Check payable to Minnesota
Valley XC
MUST PAY IN FULL AT TIME OF*

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