

Basic Summer Program

Cost: \$425 Dates: June 15 - August 7

This is the meat and potatoes of the Minnesota Valley Ski Team. The basic summer program includes ski training and technique sessions three days a week. Each session has a training component including endurance, strength and agility with some speed work in the later half of the summer.

Last year Minnesota Valley placed 11th in the nation at Junior Nationals. This year we will break into the top 10, with hopes of titles. We will have over 10 skiers on the JN team. We have averaged 28 skiers at the state meet every year for the past ten years. If you want to ski faster, if you want to win, you should join us this summer and fall.

Open to all college, high school and junior high school cross-country skiers. There will be ability groups for all levels from beginners to elite athletes.

MWF 7:00 - 9:00 a.m.

Meets at Hyland Park Reserve by the chutes and ladders play area with occasional visits to the Dakota County Big River Trail in Eagan.

Advanced Summer Program

Cost: \$675 Dates: June 15 - August 7

This program meets five days a week. It is geared toward kids who have fall commitments (or are going away to college) and cannot join the competition team, but are ready to make an additional commitment to ski training in the summer.

M,W,F meets with Basic Program

T, TH 7:00 - 9:00 a.m. at various sites with the competition team

- We recommend Marwee Combi or Skate skis, which can be purchased at Finn-Sisu. 651-645-2443
- All participants need rollerskis for classic and skating or a combi rollerski before the first practice.
- Helmets required for all ski practices.
- Get registration in early, last year we filled in April.
- Registrations are due by June 1st and must include full payment.
- Cancellations are allowed minus a \$50 processing fee until May 15. After May 15, registrations are non-refundable.
- All participants will receive a MN Valley T-shirt.

Competition Team

Cost: \$1200 Dates: June 15- March 2010

The Minnesota Valley Competition Team offers an advanced summer/fall program for juniors who want to be competitive on a national (and eventually international) level. The competition team will train with MN Valley coaches five days per week in the summer and the fall. Skiers on the competition team must be fully committed to skiing. Each team member will begin a yearly training plan, customized for each individual in May.

We will do lab testing in the field on rollerskis. The lab tests will be performed at the end of June, August and November and will include blood lactate testing.

Members of the competition team must keep a training log. We use the Polar HR monitors (RS400) to record and keep our coaching staff informed about your training. You will need one.

Summer Schedule: (Limit 15)

M,W,F: Meets with Basic summer program

T, TH: 7:00-9:00 a.m. Meets at various locations

Fall Schedule:

5 days per week M,W,Th,F, 3:00 p.m.

Sunday 4:00

WHO ELSE HAS SIGNED UP?
WHAT IS THE WEEKLY SCHEDULE?
LOOK US UP AT
WWW.MNVALLEYSKITEAM.COM

The Minnesota Valley Ski Education Foundation is the parent organization of the Minnesota Valley Ski Team and White Noise Nordic. Minnesota Valley Ski Education Foundation is an IRS approved 501(c)(3) organization.



MINNESOTA
valley
X·C SKI TEAM

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2009-2010 Ski Training

*Do You Want to be an:
OLYMPIAN
JUNIOR NATIONAL CHAMPION
ALL-AMERICAN
STATE CHAMPION
ALL-STATE SKIER
CONFERENCE CHAMPION?*

Minnesota Valley Skiers have been all of these things. Are you next?



2006 Olympian Brian Olsen
MN Valley Program 1996-2002

At Minnesota Valley we strive to teach skiers how to improve both their ski technique and physical conditioning. Minnesota Valley kids finish the program better prepared for the ski season and with fresh enthusiasm for the sport. We work hard but also have a lot of fun. Rollerskiing and running are the staples of our program, but games of speed ball, capture the flag and ultimate frisbee break out every week. We hope you'll join us!

Coaches

All Minnesota Valley coaches have extensive high school and junior coaching experience. All have attended ski education clinics in the past two years. These coaches have all worked extensively with Minnesota Valley Summer Programs.

Reid Lutter (Program Director/Head Coach)

Two Time Midwest Junior Olympic Head coach. Coached U.S. Ski Team at 2007 & 1998 World Junior Championships, 11-time Junior Olympics Coach. Coaches with all the Minnesota Valley programs with an emphasis on the Competition team.

Doug Boonstra – (Head Men's Coach)

Coach, Eden Prairie High School. Coaches summer program, Two time Junior Olympic Coach.

Randy Gibbs Head Women's Coach)

Coach, U.S. Ski Team. Coaches summer program. Randy is back again this year. He has coached multiple state champions and Four US World junior teams

All practices will have a 10:1 athlete to coach ratio

2009 Sign up - MINNESOTA VALLEY SKI TEAM - WWW.MNVALLEYSKITEAM.COM

ASSUMPTION OF RISK AND RELEASE OF LIABILITY READ CAREFULLY BEFORE SIGNING

Name: _____
 School: _____
 Address _____
 City _____ Date of Birth _____
 State _____ Zip _____

Phone: _____ Gender: M / F

Email: _____

Parents Names: _____

Parents Emergency Contact #'s _____

Rate your skiing ability:
 (1 Newbie - 5 JO Caliber)
 1 2 3 4 5

Basic Summer Program \$425

Advanced Summer Program \$675

Competition Team \$1200
 (Can pay in installments)

I understand that skiing in various forms, as well as preparation for participation in, coaching, volunteering, officiating and related activities in cross country skiing competitions and clinics (hereinafter collectively referred to as "Activities"), involve many RISKS, DANGERS and HAZARDS. These risks, dangers and hazards include, but are not limited to, changing weather and snow conditions, variations in steepness or terrain, natural and man-made obstacles and structures, equipment failure, collisions with objects or structures, being struck by skiers or equipment, and exceeding one's own abilities. I further understand that ski training and competition may be more hazardous than recreational skiing. I understand that INJURIES OF ALL TYPES ARE A COMMON AND ORDINARY OCCURRENCE of the Activities. I know that the risk of SEVERE INJURY and even DEATH exists in all training and competition locations and activities. I also know that personal training, coaching, instruction, supervision and enforcement of rules by CENTRAL CROSS COUNTRY SKIING, Minnesota Valley Ski Education Foundation, The Minnesota Valley Cross-County Ski Team, Finn-Sisu, its subsidiaries, affiliates, officers, directors, volunteers, employees, coaches, contractors and representatives, local ski clubs, competition organizers and sponsors, and ski facility operators (hereinafter the term "CXC SKIING" shall be used to refer to all such persons and entities collectively) do not and cannot guarantee my safety.

With full knowledge and understanding of the RISK OF SEVERE INJURY AND DEATH involved in ski training and competition, I FREELY AND VOLUNTARILY ACCEPT AND FULLY ASSUME THE RISK THAT I MAY SUFFER TEMPORARY, PERMANENT OR EVEN FATAL INJURIES, even if I follow the instructions or advice of CXC SKIING.

In partial consideration of CXC SKIING's acceptance of my membership application, and in spite of the risk of severe or permanent injury, or even death, the undersigned (hereinafter "Member") agrees to comply with and be bound by the following terms at all times, whether training or practicing for competition, or in competition.

1. Member hereby unconditionally WAIVES AND RELEASES ANY AND ALL CLAIMS, AND AGREES TO HOLD HARMLESS, DEFEND AND INDEMNIFY CXC SKIING (as defined above) FROM ANY CLAIMS, present or future, to Member 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 Member's participation in any Activities in which CXC SKIING is involved in any way, due to any cause whatsoever, INCLUDING NEGLIGENCE and/or breach of express or implied warranty on the part of CXC SKIING.

2. Member hereby RELIEVES CXC SKIING OF ANY DUTY TO PROTECT MEMBER FROM HARM in connection with any Activities in which CXC SKIING is involved in any way.

3. Member authorizes CXC SKIING to obtain medical care for, or transport him/her to a medical facility or hospital if, in the opinion of CXC SKIING, medical attention is required and Member is unable to make such decisions for himself/herself. Member agrees to pay all costs associated with such medical care and related transportation and shall DEFEND, INDEMNIFY AND HOLD HARMLESS CXC SKIING of and from the consequences of such decision and from any such costs incurred relating to the provision of medical care.

4. Member agrees never to utilize any run, course or facility for any training, practice or competition without first conducting his/her own thorough visual inspection of the run, course or facility.

5. This Agreement shall be construed in accordance with, and governed by the substantive laws of, the State of Wisconsin, without reference to principles governing choice or conflicts of laws. In addition, Member agrees that all lawsuits for personal injury or related loss against CXC SKIING must be maintained in state courts sitting in Dane County, Wisconsin or federal district courts sitting in the District of Wisconsin, Central Division and Member 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.

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

Member Signature _____ Date of Birth _____

Printed Name _____ Date Signed _____

SIGNATURE OF PARENT OR GUARDIAN REQUIRED BELOW FOR MINOR*** MEMBERS

As the parent or guardian of the minor Member named above, I hereby make and enter into each and every agreement, representation, waiver and release described above on behalf of myself, the Member, and any other parent or guardian of the Member, intending that they be binding on me, the Member, and our respective heirs, executors, administrators and assigns. I intend to give up my right, the Member's right, and the right of any other parent or guardian to maintain any claim or suit against CXC SKIING arising out of the Member's participation in any Activities involving CXC SKIING in any way. I believe and represent that I HAVE LEGAL AUTHORITY TO MAKE THESE AGREEMENTS, REPRESENTATIONS, WAIVERS AND RELEASES, AND I AGREE TO DEFEND AND INDEMNIFY CXC SKIING from and against any and all liability arising out of any lack of authority on my part to legally bind the Member, or any unenforceability for any reason of the above agreements, representations, waivers and releases made by or on behalf of the Member.

Parent or guardian's signature _____

Printed name _____ Date _____

*** Member is considered a "Minor" if he/she is under twenty-one (21) years of age and resides in Alabama, Mississippi, Nebraska, Pennsylvania, West Virginia or Wyoming, or if he/she is under eighteen (18) years of age and resides in any other state. In the event that Member is under 21 years of age and chooses to compete in Alabama, Mississippi, Nebraska, Pennsylvania, West Virginia or Wyoming despite residing elsewhere, then the laws of Member's home state shall govern in determining Member's legal capacity to execute this Agreement.



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