

MINNEAPOLIS SKI CLUB
Brochman Nordic Program
EAST SIDE PROGRAM
June 16th-August 8th.

COACHING STAFF

Kevin Brochman, 1984 & 1988 Olympic Team member. 1998 Olympic Team coach
Lindsay Williams, two time national sprint champion, 2001 State Champion,
Chris Sachs, All-American skier, Top 10 finisher at Junior World Championships Tryouts.
Pat Lorentz, Hastings high school assistant coach, 2002 Vasaloppet Champion.

SESSIONS

Tuesdays and Thursdays Snail Lake in Arden Hills, meet at the parking lot near the beach.
Fridays, at Afton State Park, this session is on foot and includes strength, technique, hill running.
Friday meets at 8:10 at the far parking lot under the power line.
PM Sessions
Mondays, at Lake Elmo Regional Park, meet at the first parking lot on the left.
Wednesdays, meet in downtown Afton across from Selma's.

About the club...

The **Minneapolis Ski Club** is sponsored by the Minneapolis Ski Club, Gear West, YOKO, TOKO, INFINITY SKI POLES and XL1. The program has helped athletes reach their goals at all levels from All-conference to Lindsey Weier qualifying for the 2002 Olympic Team. Our club has been the strongest club from the Midwest at the Junior Olympics the past 8 years. We recommend athletes sign up for as many sessions as possible as that is the best way to reach your full potential.

MINNEAPOLIS SKI CLUB PROGRAM
offers three levels

- 1. Development:** First year skier? Never rollerskied before? Need lots of technique work? We welcome anyone who wishes to learn, improve and enjoy ski training. (All mornings)
- 2. Intermediate to Advanced:** Emphasizes both training and technique to prepare you for the coming year. **MSC** has helped more athletes make All-Conference and All-State than any other program. (All mornings)
- 3. Advanced to Elite:** For those with high goals. This level is a comprehensive, personal program. **MSC** has helped athletes win 10 Individual State Championships and 10 Junior Olympic Championships since 1997. This program is also excellent for college skiers. The more advanced sessions are Monday and Wednesday evenings and Friday morning.
Contact Kevin, 651-430-1576, 612-825-1983
Email, kjbskier@aol.com

BROCHMAN NORDIC PROGRAM
EAST SIDE
Application 2003

Name: _____ Grade _____ Phone: _____
Address _____
E-mail: _____ Date of Birth: _____

Signature: _____ School _____ Parent's
signature if under 18: _____

Make sure waiver is signed on reverse side.

FEES

_____ 1 day per week \$155

_____ 2 days per week \$255

_____ 3 days per week \$315

_____ 4 days per week \$375

_____ 5 days per week \$400

We recommend athletes older than 16 do 3 or more days per week.

Please indicate days you will be at practice:

Mornings: T____T____F____ Evenings: M____W____

MSC/BNP Camp Release Form

I, _____ (athlete) know nordic skiing, running, plyometrics and other forms or ski training are action activities carrying significant risk of serious injury, death, property damage. I also know that there are natural and environmental conditions and risks which independently or in combinations with my activities may cause severe or even fatal injuries to me or others.

I agree that I am alone responsible for my safety while participating in cross country events and/or training for cross country skiing and specifically acknowledge that the following persons or entities including the coaching staff, Kevin Brochman, Chris Sachs, Lindsay Williams, Pat Lorentz, and or sponsors, the organizers, coaches, 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 that liability may arise out of negligence or carelessness on the part of person or entities mentioned above.

I agree to accept all responsibilities for the risks, conditions and hazards which occur whether they are known or unknown. Being fully aware of the risks, conditions and hazards of the proposed activity as a competitor and program 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 accrue to me as a result of my participation in this training camp.

I further agree to hold harmless and indemnify all person and entities identified above, and generally specifically, from any and all liability 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 cross country or training for cross country skiing. I currently have, and agree to maintain through out the time that in 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 this coverage for me.

This acknowledgment and assumption of risk and release shall be binding upon my heirs and assigns. I have been informed of the risks and I agree to wear appropriate protective equipment while rollerskiing. I will make the decision as to what equipment is appropriate. If I do not wear appropriate equipment I assume sole responsibility of any results of my actions including sever or fatal injuries. I understand that this is my sole responsibility and release all person identified in the above waiver from any liability.

Date: _____ signature: _____

Parent or guardian's signature if under 18): _____

Family discount: More than one skier in the same family: 15% off total price. \$10.00 discount for sign-up before March 31st.

Return form, release waiver and payment (checks to: "Brochman Nordic Program") and send to:

Kevin Brochman, 426 West Rice Street, Stillwater, MN 55082

Email, kjbskier@aol.com, 651-430-1576

