

GEAR • WEST

xc ski • run • soccer

XC Ski Training & Technique Program

Name _____

Address _____

City _____

State _____ Zip _____ M F

Phone (H) _____ (W) _____

Email-please write CLEARLY!

(The only way we will contact you for weekly program info. Please write clearly)

Beg Int Exp

Winter Ski Technique

September 3rd thru mid-February (THE BIRKIE)

Wed 6:00 - 7:30 pm \$215.00

(\$200.00 for repeat customers)

MAIL COMPLETED FORM TO:

Gear West
1786 W Wayzata Blvd Suite B
Long Lake, MN 55356
(952) 473-0377

gearwest@gearwest.com

Gear West
1786 W Wayzata Blvd Suite #B
Long Lake, MN 55356

952.473.0093

16th Annual

XC Ski Training & Technique Program



Sept 3rd thru Mid-Feb
Wednesdays 6:00-7:30 pm

Get ready for the Birkie with a fun
group of skiers just like you!

*We offer coaching for all skiing
abilities...from beginner to advanced.*

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XC Ski Programs

Fall/Winter ski Technique

Wednesdays 6-7:30 PM

September 3rd thru mid-February (BIRKIE)

French Park or Elm Creek (where snow dictates)

\$215 (\$200 for repeat customers)

An "Improve Your Skate Skiing" or, "Get Ready for the Birkie" technique group for all skiing abilities. Fall training involves dryland technique work at French park. Roller skis are encouraged but not mandatory. Roller skiers will receive specific ski technique instruction (during daylight hours). Non-roller ski participants will nordic pole hike and strength train.

After the October time change, all groups will work on leg strength, specific ski exercises, stretching and hiking until the park-or Elm Creek- opens for skiing.

On-snow sessions focus on relaxed ski technique for skate skiing, including training and racing strategies. Although we stress learning both disciplines (skate and classic) to improve your skiing, we focus on skating. Bimonthly, we still offer the option for classic technique depending on snow conditions. Additionally, Gear West offers indoor sessions on equipment, training and waxing.

All Abilities Encouraged!

Advanced, intermediate, beginners... everyone will break into groups according to their skill level. Groups are flexible and skiers can move among coaches if they desire. We try to make this weekly gathering informational and fun!

Beginner: Goals include developing basic fitness and XC ski technique. Fall training encompasses pole hiking, bounding and dryland classic/skate technique drills. ON-snow activities will develop ski-handling skills (downhill, uphill, turning technique) and teach basic ski technique (double poling, classic and skate).

Intermediate: Group focus is to improve basic technique and therefore increase speed. In addition to fitness hikes, bounding and strength exercises, focus is on the various skate techniques: double pole, V-2, open field. Roller skis will have an advantage since specific ski drills can be practiced throughout the fall. In-line skates will not work. Skates are too fast and, unlike roller skis, the skater will drop his toe with skates and therefore will incorrectly practice even the most basic of ski techniques.

Advanced: Training and technique is this group's focus. Specific strength drills, speed work and refinements in technique (complete leg push-off, improved weight transfer, increased forward lean) are practiced. Roller skis will be used as daylight permits.

Suggestion: Although it is not required, the use of roller skis is strongly suggested if you want to significantly and instantly improve your skiing. Every serious skier uses roller skis... they are considered a necessary "summer ski".

Roller ski and equipment discounts are offered to Gear West program members.

Instructors:

XC ski program is organized by Jan Guenther. Owner of Gear West Ski, Run, Soccer. Jan is a top masters triathlete and xc skier. She has had many years coaching adult skiers.

The total number of instructors range from 5 to 8 (full and part-time) men and women. Actual number depends on class size. Guest instructors from the CXC Olympic training program add their expertise. All instructors have had illustrious xc racing and/or coaching backgrounds.

Additional coaches depending on group size.

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Hwy 12, Long Lake MN

(952) 473-0093

www.gearwest.com

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 fatal injuries to me or others. I agree that I am alone responsible for my safety while participating in competitive events and specifically acknowledge that the following persons or entities including the Team Birke Ski Foundation, Gear West, the sponsors, the organizers, coaches, the officials and any agent representative, office, director, employee, member or affiliate of any 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 Team Birke and Gear West 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 participation 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 Acknowledgement and Assumption of Risk and Release shall be binding upon my heirs and assigns.

Date:

Signature:

By signing the Acknowledgement 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 waived in advance. By signing this waiver I am granting permission to Team Birke and Gear West to obtain emergency medical attention if it is not possible to reach the legal guardian by phone.

Date:

Signature:

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