

# **West Yellowstone Training Camp 2009**

## **Advanced Training Camp with Go! Training**

Join the Go! Training coaching staff for a high volume week of training in West Yellowstone. We will focus on putting in high volume/low intensity training, for lots of attention on ski technique. We will do lots of skiing drills and video to help you make some big jumps in your ski technique. We will do both classic and skate, and generally we will emphasize classic more because the trails and snow conditions lend themselves to very good classic skiing. For those interested in biathlon training, we will have biathlon training/coaching available. You'll have time to learn about skiing, and about what a real training camp is all about. This camp is focused on the 15-25 year old age group. It is meant for athletes that have been training seriously for xc skiing over the summer and fall. If your fitness is mediocre, this is not a good camp for you.

### **When and Where:**

Depart Twin Cities on November 21, return on November 29

**Training:** We will be training 2-3 times per day. A typical day will include a morning run 15 min and stretching, followed by breakfast and morning ski training (usually 90-150 minutes) and technique drills. Then we will have afternoon nap time, and then afternoon ski (usually 90 min). After dinner we will review video, have training discussions, and have a stretching session.

**Staff:** The Go!Training staff is made up of athletes who are excellent skiers and excellent coaches. They have a passion for racing and are great role models for developing athletes! This years staff will be Sara Morse, Ben Kremer, Brandan Ostroot , Katie Bono, Johanna Winters and Piotr Bednarski.

**Group Limited to 25 athletes. We always fill up, so please send in your registration by Oct 15.**

### **Expense and Registration:**

The camp fee is \$840. Cost includes bus transport, room and board, coaching and trail pass. Athletes will pay for their own food on the bus ride. Full payment due by Nov 1. Deposit of \$400 will hold your spot, please submit by Oct. 15.

### **What to bring:**

More details will be sent out on November 1.

**Questions? Please call Piotr Bednarski at 952/ 237 0765 cell, or email [gotrainingus@aol.com](mailto:gotrainingus@aol.com)**

# West Yellowstone Training Camp, Nov 21-29, 2009

## Go! Training

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, Zip \_\_\_\_\_

Phone \_\_\_\_\_

Emergency Contact with phone \_\_\_\_\_

EMAIL (required) \_\_\_\_\_

Health issues that could affect your training \_\_\_\_\_

\_\_\_\_\_

**Camp Cost \$840- full payment due by Nov 1.**

**Deposit of \$400 will hold your spot, please submit by Oct. 15.**

### **PAYMENT INSTRUCTIONS:**

Please make checks out to:

**Go! Training**

**4845 Emerson Ave S.**

**Minneapolis, MN 55419**

### **WAIVER AND RELEASE OF LIABILITY**

**Identification of Risk.** I, \_\_\_\_\_, know that physical training for cross country skiing, running, biking, general fitness or strength involves risk of injury or property damage, which includes serious injury, including permanent disability and death. I understand that these injuries might result not only from my actions, but the actions, inactions, or negligence of others.

**Assumption of Risk.** I agree that I am responsible for my health and safety while training for and participating in cross country skiing, running, biking, general fitness and strength training, including any other sports or exercises I may participate in to further my training. I assume all risks, both known and unknown, connected with my participation. I understand that any physical training program should only be undertaken after a full examination by, and receipt of permission from, my doctor.

**Waiver.** Being aware of the risks and willing to assume them, I waive, release, and hold Go! Training, Piotr Bednarski, MN Biathlon and owners/lessors of used premises from all claims for liability, injury, loss, wrongful death or property damage connected with my training plan and program and the exercises and sports that I undertake in order to further my training. I intend for this waiver and release to also apply to my relatives, personal representatives, heirs, beneficiaries, next of kin, and assigns.

**Insurance.** I currently have, and agree to maintain throughout the time I participate, sufficient medical and accident insurance. I understand that this is my responsibility and release any one else from providing it for me.

**I have read this agreement and waiver carefully, understand that I give up substantial rights by signing it, and sign it voluntarily.**

\_\_\_\_\_ Date \_\_\_\_\_  
Participant's signature

### **For participants under age 18:**

I consent to the above person's participation in training for cross country skiing, running, biking or general fitness and strength. I acknowledge that I assume all risks, known and unknown, and waive all claims in advance.

\_\_\_\_\_ Date \_\_\_\_\_  
Parent/guardian's signature

