

Fall 2010 XC Ski Training with Go! Training High School, Collegiate, and Senior Athletes

Mondays: Distance Rollerski and Technique emphasis

Monday afternoons, Sept 13-Nov 15, 3:00pm- 5:30pm. (3:40pm for late school dismissal). Hyland Park, Bloomington. Nordic Chalet. Distance rollerski , often will include some short “speed” intervals and video analysis. Skate and classic skis required.

Tuesdays: Core Strength, Bounding and Hill Running-

Tuesday Afternoons, Sept 7th – Nov 16th · Session run 3:45-6:00pm at Hyland Hills Alpine Area in Bloomington. The sessions will usually start with 30 min of strength and balance exercises. We use medicine balls, body weight, and some weighted exercises. After strength we will move to a combination of hill bounding, ski walking, and hill running intervals. You need to bring HR monitor, running shoes, bounding poles (classic length or slightly shorter), and water bottle. These will be difficult training sessions.

Wednesdays: Distance Rollerski

Lake Harriet Bandshell, 3:30pm-5:30pm. Sept 1st-Nov 10. Classic and skate.

Thursdays: Rollerski Intervals and Technique Sessions-

Thursdays, Sept 9th-Nov 11th, 3:00pm-5:30pm (athletes with late dismissal arrive by 3:40pm) Braemar Golf Course, Edina and Hyland Regional Park, Bloomington. Skate and Classic.

Saturday: Key Workout!

Runs Aug 21-Nov 13. Various Locations- 8am or 9am start. This will be the most important workout of the week. Workout will either be a long distance workout- 2.5hr+ or an interval workout. The majority will be rollerski workouts, though some will be running or bounding. Most of these workouts will be in West metro, but we will have a number in the Afton area.

Cost:	1 day per week	\$150
	2 days per week	\$325
	5 days per week	\$550
	(includes lactate testing and training plan)	

Training Scholarships- fee reductions available for those in financial need. Please inquire with Piotr at 952/237-0765.

Fall 2010 XC Ski Training with Go! Training High School and Collegiate Training

Name: _____
Address: _____
City, Zip _____
Phone _____ Age _____
Email (REQUIRED) _____
Emergency Contact with phone _____
Health issues that could affect your training _____

Cost: 1 day per week	\$150
2 days per week	\$325
3-5 days per week	\$550

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, 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

