WAIVER AND RELEASE OF LIABILITY

Identification of Risk. 1. I know that cross country skiing and biathlon, involves risks of 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 safety while participating in training and competition. I assume all risks, both known and unknown, connected with my participation.

Waiver. Being aware of the risks and willing to assume them, I waive, release, and hold GoTraining and Minnesota Biathlon and their affiliate clubs, directors, officers, employees, coaches, sponsors, advertisers, and owners/lessors of used premises from all claims for liability, injury, loss, or damage connected with my participation in cross country skiing and biathlon training and competition. 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 carefully, understand that I give up substantial rights by signing it, and sign it voluntarily.

Participant's signature                   Date____________________

For participants under age 18:

I consent to the above person's participation in cross country and biathlon training and competition. I acknowledge that I assume all risks, known and unknown, and waive all claims in advance.

Parent/guardian's signature

Date____________________

Training Camps

Training Camps are a key ingredient for an endurance athlete’s development- and they are lots of fun. The North Shore High Volume Training Camp in August is chance to experience lots of training in a really fun environment.
**Summer Programs**

**June 13- Aug 12 (No Training July 2-8)**

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**Basic Program** - 3 sessions/week,

**Mon, Wed, Fri:** 7-9:15am various strength, intervals, agility and distance rollerskiing, run & fitness games. Skiers are grouped based on ability.

*New this year - all Basic Training is at French Park in Plymouth*

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**Advanced Program** - 6 session/week

For those who want to make really big improvements this summer. Training plans and blood lactate tests include. For high school, college and senior athletes.

**Monday:** 7-9:15am Bush Lake Beach

Strength and distance rollerski.

**Tuesday:** 7:15-9:15am Wirth Beach - running intervals, bounding

**Tuesday: 6:30-8:30pm, Challenging & Fun Strength workout with partners, Hopkins HS**

**Wednesday:** 7:15-9:15am, Bush Lake Beach

Technique and distance rollerski.

**Thursday:** 7:30am, Advanced - Town of Afton-Rollerski Intervals or Distance

**Friday:** 7:15am French Park.

Easy distance rollerski or running.

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**Junior High (J3, J4)** - Meets Monday and Wednesday 7-9am at French with HS program.

Jr High athletes, ages 10-13, will have their own coaches. Rollerblades OK

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**Baker Park** - Mon and Weds 6:30-8:30 pm.

EVENINGS at Baker Park Medina.

Ski-specific strength, technique, and distance.

Note: We strongly encourage skiers to do more training including the T evening strength session.

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**Biathlon Training:**

Elk River Biathlon Range, Elk River

**Tues/Fri,** 8am-10am, accuracy and combo

Starting in May.

**High Volume Training Camp**

Aug 15-19: Trail running, rollerskiing,

High Volume training, lots of fun, very difficult.

Coaching/food/lodging, $380. Adv program

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**Coaching Staff:**

Our staff is made up of athletes and coaches who love to train and compete! We combine knowledge of technique and training methods with enthusiasm and passion for sport. This year's staff is truly WORLD CLASS.

- **Head Coach Piotr Bednarski** has an extensive background in exercise physiology & biomechanics. He has 22 years of coaching experience at all levels.

- **Sara Morse** - 2011 TC Champ, incredible technique coach, great sense of humor, and faster than you!

- **Kate Ellis** - great athlete, motivator & example for young athletes - 2008 World Masters Champion.

- **Caitlin Compton** - needs no intro (see lower left)

- **Caroline Bramante** - 2006 US Olympian and currently at U of M Medical School

- **Evan Pengally** - Evan is a top Midwest marathon racer and ski rep for Rossignol.

- **Jacob Beste** - several years on the Biathlon World Cup Team – watch and learn!

- **Johanna Winters** - 2011 Mora Champ and a super coach! Former CXC, UW-GB and Roseville skier.

- **Audrey Weber** - 2010 Birkie Classic Champion, former CXC, Dartmouth, and St Louis Park skier.

- **Kevin Johnson** - Former Salomon & Swix rep, factory team technician, college & Wayzata skier.

- **Gene Kay** - Gene has been racing and coaching for many years and has a sports science background.

- **Matt Liebisch** - Birkie, Loppet & Mora champion, CXC Elite team, engineer, dad, and great guy.

- **Oumar Cherif** - Salomon rep, HS coach, Gear-West emp., former St John’s U skier.

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**GO! TRAINING**

Train with some of the best skiers and biathletes in the country!

- **Top quality coaching w/ International experience**

- **More Coaches, More Ski Time, Smaller Classes**

- **Learn training methods & physiology**

Join coach Piotr Bednarski and Go! Training for some challenging and fun summer training!!

**Our Mission** is to promote cross country skiing and biathlon among the youth of Minnesota, and to help young athletes chase their dreams in these winter sports.

Ultimately, we have two main goals:

- help individual athletes improve their skiing, whatever their ability
- achieve excellence in XC skiing and biathlon at an international level

**World Class Tradition!**

Every Olympian was a high school athlete at some point- here’s a partial list of our alumnae that have gone on to the Olympics and World Champs in Biathlon & XC:

- **Caitlin Compton** - 2010 Olympic team, 2007, 2009 XC World Champs Team, 2008 Biathlon World Championship Team

- **Carolyn Bramante** - 2006 Olympian, World Jr Silver Medalist, 2008, 2009 Biathlon World Champs Team

- **Brian Olsen (Bloomington)** - 2006 Olympian

- **Dan Campbell (Hastings)** - 2002 Olympian

- **Andrea Nahrgang (Wayzata)** - 2002 Olympic

- **Jacob Beste (Southwest)** - 2004 World Cup

- **Kevin Johnson** - Former Salomon & Swix rep, factory team technician, college & Wayzata skier.

- **Gene Kay** - Gene has been racing and coaching for many years and has a sports science background.

- **Matt Liebisch** - Birkie, Loppet & Mora champion, CXC Elite team, engineer, dad, and great guy.

- **Oumar Cherif** - Salomon rep, HS coach, Gear-West emp., former St John’s U skier.