

Summer XC Ski Training for Adults **with Go! Training**

June 14 – August 9, 2011

Parade Hockey Arena, Minneapolis, Tuesdays, 6:00-7:30 PM

Join Go! Training to get fit and improve your ski technique.

Training and Technique:

The 8 week session is great for skiers that want to improve their fitness over the summer and enjoy training in a group! Each weekly session will incorporate core strength and balance, as well as rollerski technique, specific strength and endurance training on skate rollerskis. This class is for athletes that have had some experience with rollerskis, but are still not particularly comfortable with the equipment on greatly varying terrain. You will need your own skate rollerskis, helmet, poles and boots, (optionally; towels or yoga mats).

Within the 8 week session we focus on rollerski technique and specific strength training. We will also spend some time during the beginning of each session working on core strength and balance drills.

Coaching Staff:

Sara Morse will be the lead coach for the summer program. Sara has several years of coaching experience with adults, high school, and elite level junior athletes. She is an elite level skier that has a knack for communicating and demonstrating elements of ski technique so learning is fun and easy. Piotr Bednarski and other Go! Training coaches will be assisting Sara over the summer.

Goals of the Summer Program:

The goals of the summer program are simple-

- 1) Physical- Improve ski specific strength, balance, quickness and endurance
- 2) Mental- HAVE FUN and get fit with others
- 3) Technical- Develop balance and technique on rollerskis that will allow you to markedly increase your ski specific training in the fall

When and Where:

Parade Ice Arena, Minneapolis, near the Walker Art Museum. We'll meet in front of the ice arena and take 20 minutes for dryland drills and core strength. Secondly, we will equip ourselves with rollerskis and use the Cedar Lake Bike Path, and other bike paths in the area for our rollerski work. Session will be on Tuesday evenings from 6:00-7:30 PM. Sessions will begin on June 14th and end on August 9th (no training on July 5th), for a total of 8 sessions.

Fall Program- Rollerski, Sept 7- Oct 26, 5:00-6:30 PM

There will be a follow-up session to build upon the summer training, meeting on Wednesdays, starting September 7th, running through October 26th, also meeting at Parade Ice Arena in Minneapolis.

The fall session will incorporate rollerskiing and dryland training. It will include rollerski technique drills and specific strength workouts on skate rollerskis. The primary goal of the fall session is to improve balance and increase your ski specific strength in preparation for comfort and confidence on snow.

Go! Training Summer 2011- Registration Form

Name _____ Birthdate _____ Age _____
Male/Female _____ Ability Level: Beginner/Intermediate/Advanced
Street _____ City _____
State _____ Zip _____ Phone _____
Emergency contact name and phone _____

email (required) _____
allergies, medical conditions we should know about _____
have you rollerskied before? (not required for class) _____

Cost for training session: (circle one or both)

Summer XC Ski Session (rollerski and dryland) \$250
Fall XC Ski Session (rollerski and dryland) \$250

Amount Enclosed: _____

Make checks payable 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.

Participant's signature

Date