

# 2011 Training Programs

## Nordicwerks SkiKlubb Registration Form June 13 – July 29, 2011

**Mission statement:** The goal of the Nordicwerks SkiKlubb is to provide a fun, safe and challenging environment for athletes of all abilities to strive for Nordic racing excellence.

The Nordicwerks SkiKlubb utilizes a comprehensive training system for all ability levels. The summer training component involves group training three to five days a week. The purpose of these sessions is to bring the athletes along step-by-step to reach their goals. Endurance, technique, speedwork and core strength are the pillars of the Nordicwerks training system.

### Tiger Shark MWF

In this session athletes will concentrate on improving technique and fitness. Each session has a training component including balance, strength and agility. Athletes will receive weekly workout plans. This session is geared toward athletes who don't have much rollerski experience and are new to endurance training.

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Birth Date: \_\_\_\_\_ Email: \_\_\_\_\_

### Training Information:

- M 5 pm Lions Park in Scandia
- Tu 8 am Hardwood Creek Trail in Forest Lake
- W 6 pm Battle Creek Park in St. Paul
- Th 5 pm Lions Park in Scandia
- F 8 am Century Junior High School in FL

### Hammerhead Shark MTWThF

This session meets five days a week. MWF meets with the Tiger Shark group. On Tuesdays and Thursdays the group will focus on distance and intensity workouts. Athletes will be required to keep a training log. We will be participating in running and rollerski races throughout the summer. Be prepared to work hard and have LOTS of fun! If you have medal aspirations of All-Conference, All-State, National Championships or World Juniors, this session is for you!

School: \_\_\_\_\_  
Parents/Emergency Contact (# and name): \_\_\_\_\_

### Benefits of Joining Nordicwerks SkiKlubb:

- Outstanding, totally driven training group to work with close to home
- Weekly videotape analysis
- All skiers will receive a limited edition Nordicwerks t-shirt
- You WILL improve!

### All participants need:

- Rollerskis for classic and skating or a combi rollerski before the first day of training—Marwe is the brand and Finn Sisu is the place to get 'em.
- **Helmet for rollerskiing—Absolutely Mandatory!**
- Running shoes
- Reflective vest
- Attitude of a champion!



### Circle Program Below:

- Tiger Shark Program \$425
- Hammerhead Shark Program \$625

### **REGISTRATION DUE BY May 1<sup>st</sup>**

Please make checks payable to Deno Johnson. All registrations received after May 1<sup>st</sup> will be subject to a \$75 late fee. **No exceptions! All athletes must pay in full at time of registration. Please make sure you complete the waiver on the reverse side.**

Deno Johnson  
3225 43<sup>rd</sup> Ave S  
Minneapolis, MN 55406  
Phone: 612-801-7316  
Email: [nordicwerks27@yahoo.com](mailto:nordicwerks27@yahoo.com)

\*\*Individualized training programs are available, please email Deno with questions.

ACKNOWLEDGMENT AND ASSUMPTION OF RISK AND RELEASE:

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 others or me.

I agree that I am alone responsible for my safety while participating in competitive events and/or training for competitive events and specifically acknowledge that the following persons or entities including Nordicwerks, the sponsors, the organizers, coaches, the officials and any agent representative, officer, director, employee, member or affiliate of my 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 Nordicwerks 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 participating 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 Acknowledgment and Assumption of Risk and Release shall be binding upon my heirs and assigns.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

By signing this Acknowledgment 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 assumed by me and all claims, whether known or unknown, are expressly waived in advance. By signing this waiver I am granting permission to Nordicwerks staff/coaches to obtain emergency medical attention if it is not possible to reach the legal guardians by phone.

Date: \_\_\_\_\_ Signature of Parent/Guardian if athlete is under 18 years old  
Date: \_\_\_\_\_ Witness:  
Medical Insurance Company: \_\_\_\_\_  
Policy Number: \_\_\_\_\_

About the Coach

**Deno Johnson** has been involved with Nordic ski racing as long as anyone can remember. He has consistently developed superior skiers through both his Forest Lake and Nordicwerks programs. His coaching success involves NCAA, State and Junior National Champions. He has also coached athletes who have raced at the Olympics and World Championships. In 2005 Deno was voted Coach of the Year by his peers in Minnesota and was CXC Coach of the Year in 2006.

**Nordicwerks SkiKlubb was the top Midwest club at the 2008 USSA Junior Nationals in Anchorage, Alaska!**



**CREATING CHAMPIONS!**



**WELCOME TO NORDICWERKS SKIKLUBB**

Home of the 2011 Wisconsin Classic and Pursuit Champion and 2009 Minnesota State Team Champion