

Haig Glacier –Summer XC Ski Camp with Matt Liebsch August 27th – Sept 3rd ~ for Masters, Seniors and Juniors ~



Join coach and elite athlete Matt Liebsch for one week of hiking and summer skiing on Haig Glacier in the Canadian Rockies.

•Last year was a very successful camp... summary and pictures can be found here... <http://www.skinnyski.com/training/display.asp?id=23392>. We had athletes ages 16-65.

•The daily routine includes: early breakfast, hike 45 minutes up to the glacier, ski on fresh piston-bulley tracks until noon. Hike back down for lunch, stretch, take a nap, read, short (optional) hike or strength, eat dinner, review ski technique video from the morning, go to bed, get up, repeat.

•The camp fees include grooming, helicopter transport of your gear up the mountain, 3 hearty meals prepared by camp staff, bunk beds with separate sleep areas for men and women.

•The ski program emphasizes easy distance altitude skiing. Technique coaching will take place most mornings and will include video analysis. Most of the mornings will be for easy distance skate and classic skiing. This camp is physically challenging due to the alpine environment, changing weather conditions, long distances, and moderately high altitude.

•This is a back-country camp manned with seasonal staff, radiophone and satellite communications with ranger station and helicopter support teams down below (no cell phone reception on the glacier). There are hot showers, TV w/movies, full kitchen, bunk house, and strength area.



The Haig Glacier Ski Camp, also known as The Beckie Scott High Altitude Training Center, is a seasonal Nordic ski camp used by clubs and teams from across north America. The Haig Glacier is located south of Canmore Alberta in Peter Lougheed Provincial Park.

- Fees include: \$1095 before July 15th, \$1150 after
 - Helicopter transport of your gear up to camp and the glacier
 - All food and lodging while up at the camp
 - Adult supervision for the entire trip
 - 7 possible days of groomed morning snow skiing, easy distance emphasis with some technique instruction and video analysis. (Depending on the local mountain weather skiing conditions may vary)
 - Supervised 3+ hr group hike into and out the camp
- Extra Fees Required:
 - **Transportation to Canmore, AL.** Last year we offered ground transport from Minneapolis. That is still an option, please contact Matt Liebsch for details. Also, some will be flying into Calgary and renting a car for the week. Airfare is around \$500-\$600. Mileage tickets are 32.5k on Delta.
 - Food money while in transit
 - Emergency funds of \$250 in the instance where the hike in may be closed due to bear activity. If the park rangers close the trail we pay for a helicopter ride up to camp.
 - All athletes will need passports!
- Skier Selection for Trip:
 - The athlete must be in High School, College, Senior or Master level and must demonstrate appropriate maturity
 - The athlete must be in good physical condition and able to hike 3+ hours at a moderate pace, and be able to ski at altitudes near 8500'.
- Contact and additional details:
 - Coach **Matt Liebsch** 952-473-0377 liebsch@gearwest.com Please contact me for additional information. If you have any level of interest, I would be happy to answer any questions.
 - This year we only have 8 guaranteed spots available. We may have access to a few additional spots but if you want to go, contact me earlier rather than later.
 - We will attend backcountry training at 9am on Monday morning the 27th at the Canmore Nordic Center before hiking into the Haig at noon. Those flying in should arrive Sunday the 26th. Those driving will leave Saturday morning, camp, then finish the drive Sunday midday. For departure, we leave the Haig noon Monday the 3rd. Those driving will leave Monday afternoon and arrive back to Minneapolis Tuesday evening. Those flying should schedule flights out of Calgary either late Monday or Tuesday.



Athlete Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Birth date: _____ Age: _____ Grade/ Yr: _____
 Male ___/ Female ___
 Your Phone: _____ email _____
 Emergency contact 1: Name: _____
 Phone: _____ email: _____
 Emergency contact 2: Name: _____
 Phone: _____ email: _____
 Medical conditions, allergies etc. that we should know about?

WAIVER AND RELEASE OF LIABILITY

Identification of Risk. 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.

_____ Date: _____

Parent/guardian's signature

Payment and Mailing: Please mail check and completed form to Matt Liebsch at :
 920 Dakota Ave Orono, MN 55356

Waiver and Release

UNITED STATES SKI AND SNOWBOARD ASSOCIATION & CENTRAL CROSS COUNTRY SKI ASSOCIATION

ASSUMPTION OF RISK AND RELEASE OF LIABILITY – READ CAREFULLY BEFORE SIGNING: I understand that skiing and snowboarding in their various forms, as well as preparation for participation in, coaching, volunteering, officiating and related activities in alpine, nordic, freestyle, disabled, and snowboarding competitions and clinics (hereinafter collectively referred to as “Activities”), involve many RISKS, DANGERS and HAZARDS. These risks, dangers and hazards include, but are not limited to, changing weather and snow conditions, variations in steepness or terrain, natural and man-made obstacles and structures, equipment failure, collisions with objects or structures, being struck by skiers/riders or equipment, and exceeding one's own abilities. I further understand that ski and snowboard training and competition may be more hazardous than recreational skiing and snowboarding. I understand that INJURIES OF ALL TYPES ARE A COMMON AND ORDINARY OCCURRENCE OF the Activities. I know that the risk of SEVERE INJURY and even DEATH exists in all training and competition locations and activities, including free skiing and riding. I also know that personal training, coaching, instruction, supervision and enforcement of rules by the United States Ski & Snowboard Association & the Central Cross Country Ski Association, its subsidiaries, affiliates, officers, directors, volunteers, employees, coaches, contractors and representatives, local ski clubs, competition organizers and sponsors, and ski and snowboard facility operators (hereinafter the term “USSA” & “CXC” shall be used to refer to all such persons and entities collectively) do not and cannot guarantee my safety. With full knowledge and understanding of the RISK OF SEVERE INJURY AND DEATH involved in ski and snowboard training and competition, I FREELY AND VOLUNTARILY ACCEPT AND FULLY ASSUME THE RISK THAT I MAY SUFFER TEMPORARY, PERMANENT OR EVEN FATAL INJURIES, even if I follow the instructions or advice of USSA & CXC. In consideration of USSA's & CXC's acceptance of my membership application, and in spite of the risk of severe or permanent injury, or even death, the undersigned (hereinafter “Member”) agrees to comply with and be bound by the following terms at all times, whether training or practicing for competition, or in competition. 1. Member hereby unconditionally WAIVES AND RELEASES ANY AND ALL CLAIMS, AND AGREES TO HOLD HARMLESS, DEFEND AND INDEMNIFY USSA FROM ANY CLAIMS, present or future, to Member or his/her property, or to any other person or property, for any loss, damage, expense, or injury (including DEATH), suffered by any person from or in connection with Member's participation in any Activities in which USSA is involved in any way, due to any cause whatsoever, INCLUDING NEGLIGENCE and/or breach of express or implied warranty on the part of USSA & CXC. 2. Member hereby RELIEVES USSA & CXC OF ANY DUTY TO PROTECT MEMBER FROM HARM in connection with any Activities in which USSA is involved in any way. 3. Member authorizes USSA & CXC to obtain medical care for, or transport him/her to a medical facility or hospital if, in the opinion of USSA & CXC, medical attention is required and Member is unable to make such decisions for himself/herself. Member agrees to pay all costs associated with such medical care and related transportation and shall DEFEND, INDEMNIFY AND HOLD HARMLESS USSA of and from the consequences of such decision and from any such costs incurred relating to the provision of medical care. Member also authorizes disclosure of protected medical information necessary to provide, coordinate or manage member's healthcare consistent with the dictates of HIPAA and to the extent that such use or disclosure is required by law. 4. Member agrees never to utilize any run, course or facility for any training, practice or competition without first conducting his/her own thorough visual inspection of the run, course or facility. 5. This Agreement shall be construed in accordance with, and governed by the substantive laws of the State of Colorado, without reference to principles governing choice or conflicts of laws. In addition, Member agrees that all lawsuits for personal injury or related loss against USSA & CXC must be maintained in state courts sitting in Summit County, Utah or federal district courts sitting in the District of Utah, Central Division, and Member consents and agrees that jurisdiction and venue for such proceedings shall lie exclusively with such courts. In the event any portion of this release is found to be unenforceable, the remaining terms shall be fully enforceable. HAVING CAREFULLY READ THE FOREGOING AND UNDERSTANDING IT TO BE A LEGALLY BINDING RELEASE AND INDEMNITY AGREEMENT, MEMBER SIGNIFIES HIS ASSENT TO THE ABOVE TERMS BY SIGNING BELOW: MEMBER (IF OVER AGE 18) Signature: SIGNATURE OF PARENT OR GUARDIAN REQUIRED FOR MEMBERS UNDER THE AGE OF 18 As the parent or guardian of the minor child Member named above, I hereby make and enter into each and every agreement, representation, waiver and release described above on behalf of myself, the Member, and any other parent or guardian of the Member, intending that they be binding on me, the Member, and our respective heirs, executors, administrators and assigns. By affixing my signature below I represent that I intend to give up my right, the right of the Member, and the right of any other parent or guardian to maintain any claim or suit against USSA & CXC arising out of the Member's participation in any Activities involving USSA & CXC in any way. I further agree to hold harmless, defend, and indemnify USSA & CXC of and from any claims from third parties arising from the minor child Members' participation in any activities affiliated with USSA & CXC.