

XC Ski Training & Technique Program

Beginning September 5, 2012
September 5th thru mid-February (THE BIRKIE)
Wed 6:00 - 7:30 pm
22 sessions! \$225 (\$200 for repeat registrants)

Name _____
Address _____
City _____
State _____ Zip _____ M F
Phone (H) _____ (W) _____

Email-please write CLEARLY!
(The only way we will contact you for weekly program info. Please write clearly)

Skiing Ability: Beg Int Exp

MasterCard/Visa

Exp: _____ V-code: _____

MAIL COMPLETED FORM TO:
Gear West Ski, Run & Soccer
1786 W Wayzata Blvd Suite B
Long Lake, MN 55356
(952) 473-0377 gearwest@gearwest.com

Gear West Ski, Run & Soccer
1786 W Wayzata Blvd Suite #B
Long Lake, MN 55356
952. 473 .0093



21st Anniversary!
**Fall/Winter Ski
Technique + Training
Program**

**Sept 5th thru Mid-Feb
Wednesdays 6:00-7:30 pm**

Get ready for the Birkie with a fun group of skiers just like you!

We offer coaching for all skiing abilities...from beginner to advanced.

21st Anniversary!

Fall/Winter XC Ski Program

Wednesdays 6-7:30 PM

September 5th thru mid-February (BIRKIE)
French Park or Elm Creek (where snow dictates)
\$225 (\$200 for repeat customers)

An "Improve Your Skate Skiing" or, "Get Ready for the Birkie" technique group for all skiing abilities.

We begin at 6pm sharp with either dryland warm-ups, ski specific strength and balance exercises. After it snows, we begin the evening indoors with 15 min. of ski technique demonstrations. This allows for some visual demonstrations under a lighted, warm area and allows for those running late to catch up with the group.

Fall training involves dryland technique work at French park. Roller skis are encouraged but not mandatory. Roller skiers will receive specific ski technique instruction (during daylight hours). Non-roller ski participants will Nordic pole hike and strength train. After the October time change, all groups will work on leg strength, specific ski exercises, stretching and hiking until the park, or Elm Creek, opens for skiing.

On-snow sessions focus on relaxed ski technique for skate skiing, including training and racing strategies. Although we stress learning both disciplines (skate and classic) to improve your skiing, we focus on skating. However, one instructor will be dedicated to coaching the classic technique if conditions allow. Additionally, Gear West offers indoor sessions on equipment, training and waxing.

Brief Outline

Sept: Rollerskiing or Nordic Walking. Technique focus.

Oct: Darkness descends. Move towards improving core body strength and aerobic conditioning. Pot Luck dinner on October 17th. Focus is on eating good food!

Nov: Salsa and Yoga warm-ups by Karen. Hill bounding and other fun strength exercises follow!

Dec: On snow at Elm Creek. Focus on XC technique fundamentals. Beginners: We will teach you how to XC ski! How to go uphill, downhill and turn! And of course, double poling, skate and classic.
Jan.: Work on improving V1, Open Field, V2 and double poling techniques.

Feb: Wrap up ski technique with speed and race focus for Birkie participants. Indoor Birkie Wax Clinic.

All Abilities Encouraged!

Advanced, intermediate, beginners... everyone will break into groups according to their skill level. Groups are flexible and skiers can move among coaches if they desire. We try to make this weekly gathering informational and fun!

Beginner: You don't have to know how to ski, we will teach you! Dedicated coaches for new skiers! Our goal is to make a fun and rewarding. Go at your own speed. Goals include developing basic fitness and XC ski skills. Fall training encompasses pole hiking, bounding and dryland classic/skate technique drills. ON-snow activities will develop snow feel and ski-handling (downhill, uphill, turning technique) and teach basic Nordic technique (double poling, classic and skate).

Intermediate: Group focus is to improve basic technique and therefore increase speed. In addition to fitness hikes, bounding and strength exercises, focus is on the various skate techniques: double pole, V2, open field. Roller skis are encouraged as they are the only way to practice specific ski technique drills. Please do not use in-line skates.

Advanced: Training and technique is this group's focus. Specific strength drills, speed work and refinements in technique (complete leg push-off, improved weight transfer, increased forward lean) are practiced. Roller skis will be used until daylight ends.

Suggestion: Although it is not required, the use of roller skis is strongly suggested if you want to significantly and instantly improve your skiing. Every serious skier uses roller skis... they are considered a necessary "summer ski." **Roller ski and ski equipment (skis, boots, poles) "student" discounts are offered to Gear West program members.**

Instructors:

This GearWest program has some of the most amazing ski coaches in town! All have had illustrious XC racing and/or coaching backgrounds, all have a great sense of humor, and all have fun! The skier to coach ratio is usually about 6-10 skiers per coach.

The GearWest ski program is organized by **Jan Guenther**, owner of **Gear West Ski, Run, Soccer**. She began this program 21 years ago, has skied 23 Birkies, coached for 21 years, and has helped hundreds of others pursue their skiing dreams — she has tons of ski knowledge... Please contact Jan at **gearwest@gearwest.com** with questions about the program. You may register on-line at **www.gearwest.com**, in the store, or at class on Wednesday.

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 me or others. I agree that I am alone responsible for my safety while participating in competitive events and specifically acknowledge that the following persons or entities including the Team Birke Ski Foundation, Gear West, the sponsors, the organizers, coaches, the officials and any agent representative, office, director, employee, member or affiliate of any 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 Team Birke and Gear West ski club member and 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 participation 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 Acknowledgement and Assumption of Risk and Release shall be binding upon my heirs and assigns.

Date: _____

Signature: _____

By signing the Acknowledgement 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 waived in advance. By signing this waiver I am granting permission to Team Birke and Gear West to obtain emergency medical attention if it is not possible to reach the legal guardian by phone.

Date: _____

Signature: _____

GEAR WEST

XC SKI . RUN . SOCCER WWW.GEARWEST.COM