

## Registration

Name \_\_\_\_\_

Birthdate \_\_\_\_\_ Age \_\_\_\_\_

Male/Female Grade \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Emergency contact name and phone  
\_\_\_\_\_

email \_\_\_\_\_

allergies, medical conditions we should  
about \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_

Make checks payable to:

**Go! Training**

4845 Emerson Ave S, Mpls, MN 55419

Cost:

Basic Ski Training, M, We, F am's \$425

Basic plus Evenings \$575

Advanced Ski Training \$675

Evenings only \$325

Biathlon Training \$180

North Shore Training Camps- \$325

Registrations are due by June 8. There is a \$20 discount if you register by April 1. No refunds after May 15. Athletes can make up missed sessions, but **NO PRO RATING** of fees.

**Skiers Are Made  
in the Summer!**

call Piotr Bednarski, 952/237-0765  
gotrainingus@aol.com

## 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

## Training Camps

Training Camps are a key ingredient for an endurance athlete's development- and they are lots of fun. The North Shore Training Camp in August is chance to experience high volume training in a really fun environment.

# Go! Training

## Twin Cities

## Summer XC Ski and Biathlon Training



## Have Fun Training this Summer!

Photo: Carolyn Bramante, 2006  
Olympian, 2009 World Championship  
Team, Go! Training Athlete

**GO! TRAINING**

**-Top quality coaching with international experience.**

**-Train with some of the best xc skiers in the country**

**-Education in training methods and physiology**

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

#### **Our Mission:**

Go! Training's 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:

- 1) help individual athletes improve their skiing, whatever their ability
- 2) achieve excellence in xc skiing and biathlon at an international level

#### **World Class Tradition!**

Every Olympian was a beginner at some point- there's a long list of our alumnae that have gone on to the Olympics and World Championships in Biathlon and XC:

--Caitlin Compton- 2007,2009 XC World Champs Team, 2008 Biathlon World Team  
-Carolyn Bramante - 2006 Olympian and World Junior Silver Medalist, 2009 Biathlon World Championship Team  
-Brian Olsen (Bloomington)-2006 Olympian  
-Dan Campbell (Hastings)- 2002 Olympian  
-Andrea Nahrgang (Wayzata)-2002 Olympic  
-Jill Krause-2003-5 World Championships  
-Jacob Beste (Southwest)-2004 World Cup  
-Andy Erickson (Hopkins)- 1998 Olympics

-Steve Scott- (St Paul Academy) 2003 XC World Junior Champs and 2006 U 23 World Championships  
-Libby Ellis- 2009 JI Scando Cup Team

#### **Coaching Staff:**

Our staff is made up of current athletes and coaches who love to train and compete! We combine knowledge of technique and training methods with enthusiasm and passion for sport

**-Head Coach Piotr Bednarski** has an extensive background in exercise physiology and biomechanics. He has 21 years of coaching experience at all levels- He was awarded the US Olympic Committee Coach of the Year for Biathlon, 1996 and 2000. Piotr is currently the Director of Athlete Development for the US Biathlon Team.

**-Sara Morse-** one of the top Midwest marathon racers and past MN State Champ

**-Kate Ellis** is a great motivator and example for young athletes, as well as great athlete- 2008 World Masters Champion

**-Caitlin Compton** is always smiling and ready to train! Guest coach when she is in town. Caitlin was on the 2008 Biathlon World Champs Team, and 2007 and 2009 XC World Championship Team

**-Ben Kremer-** our biathlon coach and veteran biathlon competitor

**-Carolyn Bramante-** 2006 US Olympian and 2009 Biathlon World Championship Team. Carolyn is currently at the Uof M Medical school, and is continuing to prepare for the 2010 Olympics.

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

#### **Biathlon Training:**

Elk River Biathlon Range, Elk River

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

## **Summer Programs : June 15-August 14**

(no training July 3, July 13-17)

**Basic Program-** 3 sessions/week,  
**Monday:** 7am-9:15am Peter Hobart Elementary, St Louis Park: Strength and rollerskiing endurance.

**Wednesday:** 7am-9:15am, Elm Creek Park, Agility and rollerski endurance. Also Minnehaha Falls

**Friday:** 7am-9:15am, French Park, rollerski intervals, bounding, running, games.

#### **Advanced Program-** 7 session/week

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

**Monday:** 7-9 am, Peter Hobart Elementary, St Louis Park, strength, distance rollerski

**Monday:** 6:30-8:00 pm, Wirth Beach, running and bounding

**Tuesday:** 7-11am, Distance training, rollerski and biking, location TBA

**Tuesday:** 6:30-8:30pm, Strength, Peter Hobart Elementary, St Louis Park

**Wednesday:** 7-9am, Elm Creek Park, Agility/strength and rollerski technique

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

**Friday:** 7-9am French Park. Plymouth- Rollerskiing, games, biking

#### **Training Camp**

Aug 16-19- North Shore trail running/RS High Volume training, lots of fun, very difficult. Transport/food/lodging, \$325