

Baker Summer Rollerski Program

Open to beginning and experienced High School Skiers. Rollerski experience not required.

Mondays & Wednesdays June 15 through July 30 2009

Baker Park Paved Trail- 7 to 8:30 pm

Park on East side Horse/ Hike/ Bike trail parking lot on Homestead Trail rd. (Between Cty. 24 and Cty. 6)

Head coach Gene Kay is a top regional Masters-level skier, and a coach at Wayzata HS. He has been skiing 40+ years and is a Birkie Elite-Wave skier. He has a Masters Degree in Exercise Physiology and studied with the US Ski Team Sports Med Program. He directed the U of MT ski team, and has been a Certified Ski Instructor and a USSA- Licensed Coach.

Coaching with Gene will be other top regional skiers. The Baker Summer Program will also include one or more special sessions with guest coaching from Team CXC Elite skiers. The date is TBD.

Workouts will emphasize: Safe Rollerskiing Methods, Proper Technique, Ski-Specific Strength, Upper-body Endurance, and Level 3 Aerobic Power training. **New this year:** Video Technique Analysis

Helmets REQUIRED, Water bottle carrier STRONGLY RECOMMENDED, Gloves & pads Suggested

Need rollerskis? Go to Gear West, or Check out www.rollerskishop.com, or skinnyski.com - classifieds

\$150 per skier, no pro-rating. SPACE IS LIMITED. SIGN UP EARLY TO ENSURE YOUR SPOT.

NAME _____ M__ F__ Email _____

PHONE _____ SCHOOL _____ Next Grade _____

Emergency Contact Name: _____

Phone 1: _____ Phone 2: _____

Health Conditions coaches should know about: _____

Release Form- MUST BE SIGNED

I _____ (athlete) know rollerskiing and other forms of ski training are action activities carrying significant risk of serious injury, death, property damage. I know that there are natural and environmental conditions and risks which independently or in combinations with my activities may cause severe or even fatal injuries to me or others.

I agree that I am alone responsible for my safety while participating in cross country ski training and specifically acknowledge that the following persons or entities including the entire coaching staff, sponsors, the organizers, coaches, including Wayzata High School, 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 that liability may arise out of negligence or carelessness on the part of person or entities mentioned above. I agree to accept all responsibilities for the risks, conditions, and hazards which occur whether they are known or unknown. Being fully aware of the risks, conditions, and hazards of the activity as a competitor and participant, I hereby agree to waive, release and discharge any and all claims for damages, death, personal injury or property damage which I have or which may accrue to me as a result of my participation in this training camp. I further agree to 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 cross country skiing or training for cross country skiing. I have and 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 this coverage for me. This acknowledgement and assumption of risk and release shall be binding upon my heirs and assigns. I have been informed of the risks and I agree to wear a helmet and other protective equipment while roller skiing. I will make the decision as to what other protective equipment is appropriate. If I do not wear appropriate equipment I assume sole responsibility of all results of my actions including severe or fatal injuries. I understand that this is my sole responsibility and release all persons identified in the above waiver from any liability.

Date _____ Signature of athlete _____

Parent or guardian signature _____

Mail \$150 Payment & Form to: Gene Kay 415 Queensland Ln, Plymouth MN 55447
genekay2@gmail.com 612-308-9099