

# Nordic Speed

## High School Nordic Ski Summer Programs

### 8 Week Program June 15<sup>th</sup> – August 7<sup>th</sup>

**Program Focus – Providing small group environments fostering the continued development of High School Nordic Skiers:**

**Sport Psychology**, learning a positive relationship with competition.

**Biomechanics** – Video Analysis and current skiing technique utilizing Dartfish.

**Physiology** – Maximum heart rate testing and proper training zones, block intervals and how to utilize them for optimal performance.

### FEE SCHEDULE AND PROGRAM DESCRIPTION

**ADVANCED SUMMER PROGRAM CARVER PARK:** 7:00-8:30AM \_\_\_\_\_M, T, W, Th \$300

**ADVANCED SUMMER PROGRAM HYLAND PARK BLOOMINGTON:** 7:00-8:30AM \_\_\_\_\_M, T, W, Th \$300

**BEGINNING ROLLER SKI PROGRAM CARVER PARK:** 9:00-10:00AM \_\_\_\_\_M, W \$100

**BEGINNING ROLLER SKI PROGRAM HYLAND PARK BLOOMINGTON:** 9:00-10:00AM \_\_\_\_\_Th, F \$100

#### Coaches

**Inquiries and Registrations to:**

#### Head Coach

John Dyste

Chaska HS Head Coach

Former St. Olaf College Head Coach

Former St. Louis Park HS Assistant Coach

Nordic Manager – Holmenkol Sport Technologies

[jdyste@earthlink.net](mailto:jdyste@earthlink.net) Phone: 612-743-7477

#### Assistant Coach

Erik Hendrickson

St. Louis Park Assistant Coach

**Program participation is limited to:**

15 Participants in each of the Advanced Programs

Odd numbered weeks (1,3,5,7) is Classic Roller skiing.

Even numbered weeks (2,4,6,8) is Skate Roller Skiing

5 Participants in each of the Beginning Roller Ski Program

### LOCATIONS AND DESCRIPTIONS:

#### BEGINNING ROLLERSKI PROGRAM

Designed to introduce beginning High School Nordic Skiers to Roller Skiing. Focus is on balance development, body positioning, safety issues such as stopping and identifying potential hazards. Meets 2 times each week, participants are responsible for obtaining their own roller skis and helmets.

#### Mondays and Wednesdays

Carver Park, meeting in parking area by barn

#### Thursdays and Fridays

Hyland Lake Park, Bloomington at Richardson Nature Center Parking Lot.

#### ADVANCED PROGRAMS

##### Mondays

**Carver Program** meets at Carver Park, meeting in parking area by barn for Roller Skiing.

**Bloomington Program** meets at Richardson Nature Center for Roller Skiing

##### Tuesdays

**Carver and Bloomington Programs** meet together on the Carver Climb, utilizes old roadbed in City of Carver, very little traffic and gradual grade, utilizes old Broadway North of 6<sup>th</sup> Street West. Session is Dartfish Video Analysis during long climbing intervals. (I drive along side in my car and capture the video, it's very cool).

##### Wednesdays

**Carver Program** meets at Carver Park, meeting in parking area by barn. Session is Roller Skiing

**Bloomington Program** meets at Richardson Nature Center. Session is Roller Skiing

##### Thursdays

**Carver and Bloomington Programs** meet together at the Richardson Nature Center. Session is a series of timed loop trail running, increasing intensity over the 8 weeks.

## NORDIC SPEED SIGN UP

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

E-mail: \_\_\_\_\_@\_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

School: \_\_\_\_\_

Grade: \_\_\_\_\_

### CHECK ONE OF THE FOLLOWING PROGRAMS

**Hyland Advanced Program: 7:00-8:30am \_\_\_\_\_ \$300**

**Carver Advanced Program: 7:00-8:30am \_\_\_\_\_ \$300**

**Hyland Beginning Roller Ski Program: 9-10am \_\_\_\_\_ \$100**

**Carver Beginning Roller Ski Program: 9-10am \_\_\_\_\_ \$100**

Because I understand summer is a busy time for students and their families I offer this program with special consideration for a limited number of skiers who are unable to attend the entire program; please contact John for pro-rated details.

Return form, release/waiver and payment (check to: John Dyste) and send to:

**John Dyste**

**1109 Overlook Lane**

**Carver, MN 55315**

**Phone: (612) 743-7477**

**Email: [JDyste@earthlink.net](mailto:JDyste@earthlink.net)**

### Release Form

I, \_\_\_\_\_ (athlete) know nordic skiing, running, plyometrics and other forms or ski training are action activities carrying significant risk of serious injury, death, property damage. I also 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 events and/or training for cross country skiing and specifically acknowledge that the following persons or entities including the coaching staff, John Dyste, and guest coaches, and/or sponsors, the organizers, coaches, 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 proposed activity as a competitor and program 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 accrue to me as a result of my participation in this training camp.

I further agree to hold harmless and indemnify all person and entities identified above, and generally specifically, from any and all liability 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 cross country or training for cross country skiing. I currently have, and agree to maintain through out the time that in 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 acknowledgment 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 appropriate protective equipment while roller skiing. I will make the decision as to what equipment is appropriate. If I do not wear appropriate equipment I assume sole responsibility of any results of my actions including severe or fatal injuries. I understand that this is my sole responsibility and release all person identified in the above waiver from any liability.

Date: \_\_\_\_\_ signature: \_\_\_\_\_

Parent or guardian's signature if under 18):

\_\_\_\_\_