

Karen's Winter 2014/2015 XC Ski - Registration Form

Name _____ Male/Female _____ Age _____
Street _____ City _____ ZIP _____
email (required) _____
Cell phone _____ Secondary phone _____
Emergency contact and phone _____

Circle Session (s):

Advanced Beginner/Intermediate Skate: Wednesday Noon – 1:15 PM

December 10, 17 January 7, 14, 21, 28 February 4, 11, 18, 25

(No classes on Christmas Eve or New Year's Eve)

Cost: \$200 for 10 week session

Intermediate/Advanced Skate: Saturday 9:00 -10:15 AM

Saturdays 9:00 - 10:15 AM January 3, 10, 24, 31 February 14, 28

No classes on select race weekends so you can register for Seeley Classic, City of Lakes Loppet, Mora Vassaloppet, and/or Birkie/Korte ☺

Cost: \$120 for 6 week session

Classic – TBD based upon request of 4 or more skiers

Skate Ski Ability Level: Beg / Int/ Adv **Fitness Level:** Low/ Med / High

Primary type of exercise (s): _____

What ski races/events do you want to do this season? _____

Goals: _____

WAIVER AND RELEASE OF LIABILITY

Identification of Risk. I, _____, know that physical training for cross country skiing, running, biking, general fitness or strength involves risk of injury or property damage, which includes 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 health and safety while training for and participating in cross country skiing, running, biking, general fitness and strength training, including any other sports or exercises I may participate in to further my training. I assume all risks, both known and unknown, connected with my participation. I understand that any physical training program should only be undertaken after a full examination by, and receipt of permission from, my doctor.

Waiver. Being aware of the risks and willing to assume them, I waive, release, and hold Karen Bebchuk or SAC LLC, and owners/lessors of used premises from all claims for liability, injury, loss, wrongful death or property damage connected with my training plan and program and the exercises and sports that I undertake in order to further my training. 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 and waiver carefully, understand that I give up substantial rights by signing it, and sign it voluntarily.

_____ Date _____ Participant's signature

Registration deadline is Nov 15, 2015 or when class fills. Email karenbebchuk@gmail.com to reserve your spot. Class size limited to 10, with a minimum of 4. Space is reserved upon receipt of payment. Classes are 1.25 hours with expectation that skiers will ski for 15-30 minutes after class to practice. Make up classes are allowed in other session with coach permission. An additional class will be offered if a class is canceled due to weather or coach absence.

Karen's XC Ski Technique & Training Program Details

These sessions are for athletes of all kinds who want to improve their ski skills, get a good workout, and have fun in the snow. Focus will be on technique and building strength. We will work on correct body position, timing, and weight transfer for double pole, descending hills, and turning along with V1, V2, open Field (for skate sessions) and diagonal stride, kick double pole, herringbone (for classic sessions). Race preparation and waxing advice will be offered in all sessions.

We meet at **Wirth Park in Minneapolis in the Par 3 chalet or main chalet**. We go over technique and training topics for 5-10 min before beginning each workout. Other locations, for example **Hyland Park Reserve** in Bloomington, may be used occasionally based on trail conditions and participant requests. Video analysis early and late in the session is included.

Skiers must bring their own skis, boots, poles, wax, and ski trail pass. Rental of my skate or classic ski equipment is available for \$5-\$10 per session. Contact me about sizes and availability.

Class size limited to 8, with a min of 4. Space is reserved upon receipt of payment. Classes are 1.25 hours with the expectation that skiers will ski for 15-30 minutes after class to practice what they have learned☺

For Advanced Beginners and Intermediate Skate Skiers:

Wednesdays Noon – 1:15 PM

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(No classes on Christmas Eve or New Year's Eve)

Cost: \$200 for 10 week session

For Intermediate and Advanced Skate skiers:

Saturdays 9:00 - 10:15 AM

January 3, 10, 24, 31 February 14, 28

No classes on select race weekends so I encourage you to register for Seeley Classic, City of Lakes Loppet, Mora Vassaloppet, and/or Birkie/Korte

Cost: \$120 for 6 week session

Make up classes are allowed in other session with coach permission. An additional class will be offered if a class is canceled due to weather or coach absence.

**Private, semi Private, and create-your-own group lessons
are also available.**

Contact Karen for details at 612-210-1601

karenbebchuk@gmail.com