

# **Fall 2009 XC Ski Training with Go! Training High School and Collegiate Training**

## **Tuesdays: Core Strength, Bounding and Hill Running-**

Tuesday Afternoons, Sept 1<sup>st</sup> – Nov 17<sup>th</sup> · Session run 3:30-6:00pm at Hyland Hills Alpine Area in Bloomington. These strength sessions will start with 30 min of strength and balance exercises. We use medicine balls, body weight, and some weighted exercises. You need to bring HR monitor, running shoes, bounding poles (classic length or slightly shorter), and water bottle.

## **Wednesdays: Distance Rollerski and Technique**

Lake Harriet Bandshell 3:30pm-5:30pm. Sept 2<sup>nd</sup>-Nov 18. Classic and skate technique. Distance rollerski and technique training.

## **Thursdays: Rollerski Intervals and Technique Sessions-**

Thursdays, Sept 11<sup>th</sup>-Nov 12<sup>th</sup>, 3:00pm-5:30pm (athletes with late dismissal arrive by 3:30pm) Braemar Golf Course, Edina.

## **Fridays: Distance Rollerski and Technique**

French Park, Sept 4<sup>th</sup>-Nov 13<sup>th</sup>, 3:00pm-5:00pm

## **Sundays: Long distance Rollerski**

Various Locations- schedule will be sent out. Starting Sept 13<sup>th</sup>-22<sup>nd</sup>. 2pm-5pm.

<b>Cost:</b> 1 day per week	\$150
2 days per week	\$300
3-5 days per week plus training plan	\$485

# Fall 2009 XC Ski Training with Go! Training High School and Collegiate Training

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Age \_\_\_\_\_  
Email (REQUIRED) \_\_\_\_\_  
Emergency Contact with phone \_\_\_\_\_  
Health issues that could affect your training \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

<b>Cost:</b> 1 day per week	\$150
2 days per week	\$300
3-5 days per week plus training plan	\$485

## **PAYMENT INSTRUCTIONS:**

Please make checks out to:

**Go Training**

**4845 Emerson Ave S.**

**Minneapolis, MN 55419**

## **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 Go!Training, Piotr Bednarski, 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

## **For participants under age 18:**

I consent to the above person's participation in training for cross country skiing, running, biking or general fitness and strength. I acknowledge that I assume all risks, known and unknown, and waive all claims in advance.

\_\_\_\_\_ Date \_\_\_\_\_  
Parent/guardian's signature

