



Superiorland Cross Country Ski Team Summer Training Program

- Dates:** June 16 - August 21
Times: Monday, Tuesday, Wednesday, Thursday
8 am - 10:00 AM (First meeting at Superior Hills Elementary)
Who: Skiers interested in being on the Race or Prep Team
Cost: Four day program: \$200
Two day program: \$125 (Must be a Superiorland Ski Club member for either program)
- Programs:** Four day – Two days rollerskiing (Tues. & Thurs) and two days dryland training (M & W).
Two day – Dryland training (M & W).
- Coaches:** Greg Weier – Head Coach Superiorland Ski Club, 20 plus years developing Jr. skiers
Matt Weier – Assistant Coach Superiorland Ski Club, NCAA All-American, NMU Ski Team
Lindsey Dehlin – U.S. Ski Team member, 2-time Olympian, NCAA Champion, NMU Ski Team
Dan Wiitala – Prep Team Coach Superiorland Ski Club, accomplished skier and competitor.
These coaches along with other local and national level coaches and competitors will share their experience, knowledge and love of the sport.

The Superiorland Summer Training Program will focus on developing or improving your fitness level and developing your confidence as a skier.

This will be accomplished by emphasizing the technical aspects of skiing along with strength, balance and endurance. Dryland workouts will include: easy distance running, hill bounding, speed, plyos, fitness testing, strength and balance drills. Rollerski workouts will include: easy distance skiing, specific strength, technique and balance drills. We will work equally on skate and classic technique. Videotaping sessions will occur on a weekly basis to help monitor your progress.

Participants will be grouped by similar ability to promote a more comfortable and less stressful workout.

- Equipment needs:** For dryland workouts participants will need running shoes, classic length ski poles, waterbottle and carrier.
Rollerski workouts will need the appropriate skate or classic rollerskis or a combi model ski, ski poles, boots, gloves, waterbottle and carrier. **HELMETS ARE MANDATORY WHILE ROLLERSKIING!**
Also, any other protective equipment (kneepads, elbow pads, etc.) that would put you more at ease while rollerskiing.

Questions: weierski@hotmail.com

Superiorland Summer Training Program Registration Form

To register, please complete the following and mail with payment to: Superiorland Ski Club, PO Box 864, Marquette

Name _____ Parents _____

Address _____ Phone _____

Email _____ Emergency Phone _____

Date of Birth _____ Sex _____ T-shirt Size _____

Rollerski experience (4 day) circle one: New to rollerskiing Some experience Very experienced

Release and Indemnity Agreement

In consideration of my participation in the Superiorland Summer Training program, sponsored and managed by the Superiorland Ski Club, PO Box 864, Marquette MI 49855 and any other landowners in connection with the program, in recognition of the fact that in such participation and use of such facilities, injuries may occur, I do hereby covenant with Superiorland Ski Club, that I will never sue or bring any legal action or proceeding against Superiorland Ski Club or their respective officers, employees or agents, for or on account of any injury or damage sustained by me, which I have now or may have against Superiorland Ski Club, their respective officers, employees or agents, of any nature, arising out of the program, and this release and indemnity agreement may be presented as a complete defense to any action or other proceeding which may be brought, instituted or taken by me, or my legal representatives, against Superiorland Ski Club, their respective officers, employees or agents.

This covenant not to sue is executed by me not in satisfaction of any damage sustained, nor as compensation for injuries, nor in settlement for any claim for damages, but rather is in sole consideration of my participation in the Superiorland Summer Training Program.

I further hereby covenant to indemnify and save harmless Superiorland Ski Club and its respective officers, employees and agents, against any claim for damages, compensation, or otherwise on the part of me, my heirs, executors, or administrators, and to reimburse or make good any loss or damages or costs that the aforesaid indemnities may have to pay if any litigation arises on account of any claims made by me or anyone on my behalf.

Signature _____ Date _____

Parent or guardian if under 18