

registertoday

PLEASE PRINT CLEARLY

Name / Grade 2011-12 _____

Date of Birth _____

Address _____

Phone _____

Email _____

Emergency contact (name/phone) _____

Years participated in Sisu programs _____

Years skied _____ Years rollerskied _____

Any health concerns? _____

What HS do you attend? _____

Do you own a green Sisu rollerski vest? _____

JUNIORS
SPRING / SUMMER 2011

waiver



SISU NORDIC SKI FOUNDATION ASSUMPTION OF RISK AND RELEASE OF LIABILITY

READ CAREFULLY BEFORE SIGNING

I understand that Nordic skiing, running, bicycling, rollerskiing and other Nordic ski training activities in their various forms (herein collectively referred to as "Activities") are activities that alone or in combination involve many RISKS, DANGERS, and HAZARDS. These risks, dangers and hazards include, but are not limited to, extreme weather conditions, collisions with people or natural or man-made structures, damage to property, and equipment failure. I understand that DAMAGE TO PERSONAL PROPERTY and INJURIES OF ALL TYPES ARE A COMMON AND ORDINARY OCCURRENCE of these Activities. I also know that the risk of SEVERE INJURY and even DEATH exists when I participate in these Activities. Personal training, coaching, instruction, supervision and enforcement of rules by the Sisu Nordic Ski Foundation, its subsidiaries, affiliates, officers, directors, volunteers, employees, coaches, contractors and representatives, competition organizers and sponsors, and facility operators (hereinafter the term "Sisu" shall be used to refer to all such persons and entities collectively) do not and cannot guarantee my safety.

I also understand that participation in these Activities involves physical exercise and that I should and am herein advised to consult with a physician before beginning or continuing with this or any other physical exercise program.

With full knowledge and understanding of the RISK OF SEVERE INJURY AND DEATH involved in Nordic ski training and competition, I FREELY AND VOLUNTARILY ACCEPT AND FULLY ASSUME THE RISK THAT I MAY SUFFER TEMPORARY, PERMANENT OR EVEN FATAL INJURIES AND DAMAGE TO PERSONAL PROPERTY, even if I follow the instructions or advice of Sisu.

In partial consideration of Sisu's acceptance of my registration to participate in activities with and for Sisu, and in spite of the risk of severe or permanent injury, or even death and damage to personal property, the undersigned (hereinafter "Athlete") agrees to comply with and be bound by the following terms at all times while affiliated with Sisu, whether training or in competition.

1. Athlete hereby unconditionally WAIVES AND RELEASES ANY AND ALL CLAIMS, AND AGREES TO HOLD HARMLESS, DEFEND AND INDEMNIFY Sisu and any and all of its sponsors FROM ANY CLAIMS, present or future, to Athlete or his/her property, or to any other person or property, for any loss, damage, expense, or injury (including DEATH), suffered by any person from or in connection with Athlete's participation in any activities in which Sisu is involved in any way, due to any cause whatsoever, INCLUDING NEGLIGENCE or otherwise, and/or breach of express or implied warranty on the part of Sisu.

2. Athlete hereby RELIEVES SISU OF ANY DUTY TO PROTECT ATHLETE FROM HARM in connection with any Activities in which Sisu is involved in any way.

3. Athlete authorizes Sisu to obtain medical care for, or transport him/her to a medical facility or hospital if, in the opinion of Sisu, medical attention is required and Athlete is unable to make such decisions for himself/herself. Athlete agrees to pay all costs associated with such medical care and related transportation and shall DEFEND, INDEMNIFY AND HOLD HARMLESS Sisu of and from the consequences of such decision and from any such costs incurred relating to the provision of medical care.

4. This Agreement shall be construed in accordance with, and governed by the substantive laws of, the State of Minnesota, without reference to principles governing choice or conflicts of laws. In addition, Athlete agrees that all lawsuits for personal injury or related loss against Sisu must be maintained in state courts sitting in Ramsey County, Minnesota or federal district courts sitting in the District of Minnesota, and Athlete consents and agrees that jurisdiction and venue for such proceedings shall lie exclusively with such courts. In the event any portion of this release is found to be unenforceable, the remaining terms shall be fully enforceable.

5. Athlete acknowledges and agrees that the provisions of this Agreement are clear and understandable to him/her and that he/she fully appreciates and understands the meaning of the terms of this Agreement and their effect.

HAVING CAREFULLY READ THE FOREGOING AND UNDERSTANDING IT TO BE A LEGALLY BINDING RELEASE AND INDEMNITY AGREEMENT, ATHLETE SIGNIFIES HIS/HER ASSENT TO THE ABOVE TERMS BY SIGNING BELOW:

Athlete's Date of Birth (Please Print) _____

Athlete's Name (Please Print) _____

Athlete's Signature and DATE _____

SIGNATURE OF PARENT OR GUARDIAN REQUIRED BELOW FOR MINOR ATHLETES
As the parent or guardian of the minor Athlete named above, I hereby make and enter into each and every agreement, representation, waiver and release described above on behalf of myself, the Athlete, and any other parent or guardian of the Athlete, intending that they be binding on me, the Athlete, and our respective heirs, executors, administrators and assigns. I intend to give up my right, the Athlete's right, and the right of any other parent or guardian to maintain any claim or suit against Sisu arising out of the Athlete's participation in any Activities involving Sisu in any way. I believe and represent that I HAVE LEGAL AUTHORITY TO MAKE THESE AGREEMENTS, REPRESENTATIONS, WAIVERS AND RELEASES, AND I AGREE TO DEFEND AND INDEMNIFY Sisu from and against any and all liability arising out of any lack of authority on my part to legally bind the Athlete, or any unenforceability for any reason of the above agreements, representations, waivers and releases made by or on behalf of the Athlete.

Name of Athlete's Parent or Guardian (Please Print) _____

Signature of Athlete's Parent or Guardian and DATE _____

1 Please check the box of the days you plan to attend:

East Metro Mornings

- M: 9am**, Battle Creek, Specific Strength (ski)
 - T: 7am**, Battle Creek, Quickness/Power/Elasticity/Speed (foot)
 - W: 9am**, Lake Elmo/Afton, Intensity (ski, some on foot)
 - TH: 7am**, Battle Creek, Specific Strength/Technical aspects of skiing (ski)
 - F: 7am**, Battle Creek, Over Distance (foot, some on skis)
- Lead Coaches: **Ahvo Taipale/ Ben Popp**

East Metro Evenings, 6:30pm

- M:** Oakland JH, Distance/Speed (ski)
 - T:** Mahtomedi HS, Easier Distance/Technique (ski)
 - W:** Afton, Hills/Intensity (ski)
 - TH:** Mahtomedi HS, Easier Distance/Technique (ski)
- Lead Coaches: **Kevin Brochman/Mike Nightingale/Justin Young**

Hyland Evenings, 6:30pm

- M:** Hyland/Bloomington, Distance/Technique (ski)
 - W:** Hyland/Bloomington, Intensity/Bounding (foot)
 - TH:** Hyland/Bloomington, Specific Strength (ski)
- Lead Coaches: **Kevin Brochman/Mike Nightingale**

West Metro Early Mornings, 7am

- M:** Elm Creek, Distance/Speed (ski)
 - T:** French Park/Plymouth, Distance/Strength (ski)
 - W:** Elm Creek, Distance/Technique (ski)
 - TH:** French Park/Plymouth, Intensity/Strength (ski)
 - F:** Elm Creek, Specific Strength/Technique (ski)
- Lead Coaches: **Kevin Brochman/Mason Bacso**

West Metro Late Mornings, 9am

- T:** French Park/Plymouth, Distance/Strength/Power (foot)
 - TH:** French Park/Plymouth, Intensity/Strength (ski)
- Lead Coaches: **Kevin Brochman/Mason Bacso**



2 Please check the boxes of other programs you plan to attend:

Spring Training Program
Price: \$125

Northshore Summer Training Camp
Price: \$165

GreenBody Strength Training
Price: \$195

Roller Ski Rental
Price: \$75

Lab Testing
Price: \$165

SISU NORDIC SKI FOUNDATION * MISSION

The Sisu Nordic Ski Foundation is a non-profit organization dedicated to the development, support and promotion of Nordic skiing in Minnesota. Through advocacy, education, leadership and service, Sisu enables skiers, of all levels, with any goal, the opportunity to succeed.

3 see "pricing information & options" box on info sheet and enter total here →

TOTAL amount enclosed
\$

Checks payable to:

Sisu Nordic Ski Foundation
P.O. Box 485 • Willernie, MN 55090
Or sign up at: www.siskuskiers.org

