



***Superiorland
Ski Club
2009 Summer Training Program***

Dates: June 16 - August 6 2009

Times: Tuesday, Wednesday, Thursday - times vary with coaches and day
Kick-off and informational meeting June 15, 6-8 pm Marquette Senior H.S. Gym

Who: Skiers interested in ski training for the Race, Prep, or MSHS Nordic Teams (ages 12 – 19)

Cost: \$175

Program: Two days rollerskiing (Tues. & Wed) and one day dryland training (Thursday).

Coaches: Matt Weier – Superiorland Ski Club Coach, NCAA All-American, former NMU Ski Team
Joey Graci – Superiorland Ski Club Coach, former NMU ski team & Michigan HS State Champ
Dan Wiitala – Superiorland Ski Club Coach, accomplished citizen skier and competitor.

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

This will be accomplished by emphasizing the technical aspects of skiing along with agility, speed, endurance, and technique. Dryland workouts will include: easy distance running, hill bounding, speed, plyos, fitness testing, strength and balance drills, plus fun soccer and ultimate Frisbee. Rollerski workouts will include: easy distance skiing, specific strength, technique and balance drills. We will work equally on skate and classic technique.

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, water bottle

and carrier.

Rollerski workouts will need the appropriate skate or classic roller skis or a combi model ski, ski poles, boots, gloves, water bottle and carrier. SSC has limited supplies of loaner roller skis.

HELMETS ARE MANDATORY WHILE ROLLERSKIING!

Also, any other protective equipment (kneepads, elbow pads, etc.) that would put you more at ease while rollerskiing.

Questions: Matt Weier, mattweier@gmail.com or 906 869 7397

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 (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