



## Vasa Ski Club (VSC) Cross Country Ski Summer Camp

Cheboygan, Michigan

August 1 - 3, 2016

4474 Long Point Dr (Camp Site), Cheboygan, MI



### Open to Nordic Skiers age 13-19 and Coaches

Entry Fee: \$85 (ask about VSC membership to save) or, \$60 for active VSC Junior Members

### Tentative Ski Camp Schedule\*

|                      |            |   |
|----------------------|------------|---|
| Monday, August 1,    | 10:00 a.m. | Meet at campsite (4474 Long Point Drive, 49721)                           |
|                      | 11:00 a.m. | Running with poles and bounding drills                                    |
|                      | 1:00 p.m.  | Lunch   |
|                      | 4:00 p.m.  | Roller-ski - forward direction technique drills                           |
|                      | 6:30 p.m.  | Dinner  |
| Tuesday, August 2,   | 7:00 a.m.  | Breakfast   |
|                      | 9:00 a.m.  | Roller-ski skills course and games  |
|                      | 12 noon    | Lunch   |
|                      | 2:30 p.m.  | Roller-ski skills course time trials and straight power speed time trials |
|                      | 6:00 p.m.  | Dinner  |
|                      | 7:00 pm    | Hike / swim   |
| Wednesday, August 3, | 9:00 a.m.  | Relay. Roller-ski or hill run with poles (ladders/speed)                  |
|                      | 12:00 noon | Camp ends / Lunch and finish clearing camp site                           |
|                      | 12:30      | Depart  |



\*\*\*Andy Liebner, retired skier and 2014 Olympic coach, will be coaching during all 3 days. Andy is also owner of the U.S. Ski Pole Company and will have a fleet of poles for everyone to use if they would like.

#### Contact info:

- John Kostrzewa (Coach) – cell/text 231-357-5346 – jfkostrzewa@gmail.com

**Directions:** Google Maps – 4474 Long Point Dr., Cheboygan MI (over the river and through the woods)

#### Bring: (let us know if you need any of these items on this checklist)

|   |  |   |   |
|---|--|---|---|
| <input type="checkbox"/> Eye protection               | Roller-skis (skate will work, ask to borrow classic)                             | <input type="checkbox"/> Bounding poles                                     | <input type="checkbox"/> Work-out clothes                             |
| <input type="checkbox"/> Ski Boots for both or combis | <input type="checkbox"/> Bicycle (preferably road bike, mountain bike will work) | <input type="checkbox"/> Camping gear, cup, plate, bowl, knife, fork, spoon | <input type="checkbox"/> Swim suit, ( + snorkel fins if you have any) |
| <input type="checkbox"/> CL & Skate Poles w/ferrules  | <input type="checkbox"/> Sunblock  | <input type="checkbox"/> Sleeping bag, bed roll                             | <input type="checkbox"/> Toothbrush, towel                            |
| <input type="checkbox"/> Helmet                       | <input type="checkbox"/> Bug repellent   | <input type="checkbox"/> Tent (or arrange sharing)                          | <input type="checkbox"/> Tube / inflatable raft                       |
| <input type="checkbox"/> Gloves                       | <input type="checkbox"/> Running shoes   | <input type="checkbox"/> Drink bottle and holster                           | <input type="checkbox"/> Light rainwear                               |

# Vasa Ski Club (VSC) Cross Country Ski Summer Camp



Cheboygan, Michigan

August 1 - 3, 2016

4474 Long Point Dr (Camp Site), Cheboygan, MI



Name: \_\_\_\_\_ (First Name) \_\_\_\_\_ (Last Name)

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Age (as of 12/31/16): \_\_\_\_\_ Birthdate: \_\_\_\_\_ Gender:  M  F Grade: \_\_\_\_\_

Team/Club: \_\_\_\_\_ Coach: \_\_\_\_\_

Technical shirt size (check one):  XS  S  M  L  XL

Fees:  \$85  
 \$60 for Vasa Ski Club Junior Members

Total Amount Enclosed: \_\_\_\_\_ Make check payable to: Vasa Ski Club

Return skier entry forms and fee postmarked by **Monday July 24, 2016**

Mail to: **Vasa Ski Club Summer Ski Camp c/o John Kostrzewa  
503 Bloomfield Rd  
Traverse City, MI 49686**



### SIGN RELEASE FORM BELOW

Release and Indemnity Agreement, Assumption of Risk, August 1 - 3, 2016

In consideration of myself or my child being permitted to participate in any way in the **Vasa Ski Club Summer Ski Camp** (August 1 – 3), 2016), I represent that I do, on behalf of myself OR my child:

1. Acknowledge, agree and represent I fully understand the nature of Roller Skiing, Nordic ski training plus other training camp activities and that I or my child are qualified, in good health, and in proper physical condition to participate in such activity.
2. Fully understand that (a) the Nordic Ski Training and Skiing in general involves risks and dangers of serious bodily injury (b) these risks and dangers may be caused by my own (or my child's) actions or inactions, or the actions or inactions of others participating in the **Vasa Ski Club Summer Ski Camp** and/or the condition of property on which the **Vasa Ski Club Summer Ski Camp** takes place.
3. I hereby agree, for myself and for my child to release, discharge and covenant not to sue the above listed organization **Vasa Ski Club Summer Ski Camp**. or its parent organization, its respective administrators, directors, agents, officers, members, volunteers, and employees, any sponsors, advertisers, and if applicable, owners and leasers of premises of property on which the **Vasa Ski Club Summer Ski Camp** takes place (each considered one of the "Releasees" herein), from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "Releasees" or otherwise. I fully accept and assume all such risks and responsibility for losses, costs, damages I or my child incur as a result of my or my child's participation in the **Vasa Ski Club Summer Ski Camp**. My signature signifies that I fully understand and agree to be bound by this Release and Waiver Agreement, for myself and for my underage child (if applicable), and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature (if child is under the age of 18): \_\_\_\_\_ Date: \_\_\_\_\_



Vasa Ski Club (VSC) Cross Country Ski Summer Camp

Cheboygan, Michigan

August 1 - 3, 2016

4474 Long Point Dr (Camp Site), Cheboygan, MI



ATHLETE EMERGENCY INFORMATION

Name: \_\_\_\_\_ (First Name) \_\_\_\_\_ (Last Name)

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ Home Phone: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Work Phone: \_\_\_\_\_
Cell Phone: \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Work Phone: \_\_\_\_\_
Cell Phone: \_\_\_\_\_

Parent(s) location while child is participating in VSC Cross Country Ski Summer Camp:
\_\_\_\_\_

If unable to contact parent(s), call:

- Emergency Contact: \_\_\_\_\_
Emergency Phone: \_\_\_\_\_

Medical History (current/past), e.g. Allergies/Handicaps/Asthma/Current Medications

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My child has medical insurance:  YES  No

Name of Insurance Provider: \_\_\_\_\_

In case of serious accident, illness, or emergency requiring immediate medical attention and team coaches are unable to locate me, I hereby authorize my child to be taken to the nearest emergency room.

Parent/Guardian Signature

Date