



2011-2012 Registration Form

Adult: \$35 Youth/Student: \$25 Family: \$75 (ATTACH FORM FOR EACH MEMBER)

Name: _____ Age: _____ Gender: _____

Address: _____

Phone Number: _____ E-mail: _____

EQUIPMENT RENTAL: \$30 for one set; \$50 for both sets

I need to rent striding (priority to youth) boots skis poles

I need to rent skating (priority to youth) boots skis poles

Info to rent equipment: Height _____ Weight _____ Boot Size _____

RELEASE AND INDEMNITY AGREEMENT

Nordic skiing is an action sport carrying significant risk of personal injury. For example, all skiers fall and everyone exerts himself or herself in the course of learning to ski. All members take responsibility for their own health and conditioning. The natural hazards of snow, ice, cold, and wind present risks. All members are responsible for appropriate dress and judgment concerning weather-related exposure. Finally, human actions, including but not limited to ski instruction, equipment usage, and member interactions can result in overexertion or injury. All members agree to take an active role in understanding and minimizing risks to themselves and others. It is understood that Team Gogebic Nordic Ski Club cannot assure anyone's health status or safety. Team Gogebic coaches reserve the right to eject anyone from a session or from the team who acts with disregard to his or her own or another member's safety. Team Gogebic coaches are not certified in emergency medical services. In the event of a medical emergency, Team Gogebic coaches may elect to call 911 for assistance and will not be responsible for ensuing medical bills.

Signature (required all members)

Date

If under 18, parental or legal guardian signature

Date

MORE INFO ON BACK

ACTIVITY LEVEL, GOALS, EXPECTATIONS

Please check **ALL** boxes that apply.

<input type="checkbox"/> Recreational: I want to develop fundamental ski technique and fitness at a relaxed pace.	<input type="checkbox"/> Fitness: I want to improve my ski technique and to increase my fitness by training with a group in structured workouts.	<input type="checkbox"/> Competitive: I want to train for races with a group capable of intense, fast, or long sessions.
<input type="checkbox"/> Grade School Youth: I am a child between the age of 6 and 13.	<input type="checkbox"/> High School Youth: I am a high school student just learning to ski. I don't want to race.	<input type="checkbox"/> High School Team: I am a high school student who wants to race for the team.

I'd like to enter at least one ski race or event: (Please state which one(s))

I'd like to improve my times from last year. (Please elaborate below)

I want to improve my ski technique. Specifically, I'd like to work on:

I am willing to lead adult groups in drills, team activities, or group skis.

I am willing to help with the grade school program (TRAINING WILL BE PROVIDED):
I plan to attend: Tuesdays Thursdays Now & then, when I can

What I remember about last year that I enjoyed is

What I didn't like last year is

What I hope to get out of being on Team Gogebic this year is: