

Peak Nordic Ski Club High School Race Team

INSTRUCTIONS TO JOIN:

Sign Up Online Starts October 1 at <https://go.teamsnap.com/forms/75414>

- Pay Online via PayPal
 - **PAYMENT**: If you have not paid online then Make Check out to: Peak Nordic Ski Club and
 - **Mail to: Peak Nordic, Attn: Dave Olenchek, PO Box 682, Pewaukee WI 53072**
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- **Give the following items to HS Team Managers – Kevin & Amy Seay:**
 1. **HIGH SCHOOL AND JUNIOR RACE FORM** (Page 2 below) **5 copies – Signed by parent and athlete**
 2. **INSURANCE CARD(S) PHOTOCOPY: photocopy** of current car insurance coverage/card for **each car** that will drive HS Skiers. Scan and send as attachment to 2plankers@prodigy.net
 3. **VOLUNTEER APPLICATION** – If you will volunteer fill out and follow the instructions in the form at: <http://www.peaknordic.com/peak-nordic-ski-club/be-a-volunteer/>
 - Be sure **each and every adult driver** has filled in all info requested during online sign up.
 - Equipment list clarifies what is needed & gives you a framework for discussion with Coaches.

Required High School Parents Meeting Night November 16 2017 Thursday 5:30 to 6:30 PM

- **Evergreen Shelter**
 - Lapham Peak State Forest
 - W329N846 Hwy C, Delafield, WI 53018
- **Lapham Peak is 3/4 mile south of I-94 on County Hwy C (Delafield exit)**

HIGH SCHOOL AND JUNIOR RACE FORM

PRINT ALL INFORMATION

NAME OF RACE _____

BIB # _____ SEX (circle) Male Female Age _____ Date of Birth _____
Month/day/year

NAME: _____
(last) (first) (middle initial)

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

(circle one) HIGH SCHOOL TEAM MEMBER "OR" INDIVIDUAL COMPETITOR

HIGH SCHOOL TEAM: _____

AGE CLASS (circle) 9-11 12-13 14-15 16-18

DISTANCE: _____

AMATEUR ATHLETIC - WAIVER AND RELEASE OF LIABILITY

You must sign the Liability Waiver and have your parent/guardian sign if under 18

In consideration of being allowed to participate in any way in an athletics/sports program, and related events and activities:

I agree that prior to such participation, I will, or, if I am the parent or guardian of a minor participant will instruct such participant that he or she should, inspect the facilities and equipment to be used, and if I believe anything is unsafe, I will immediately advise my coach (if I am participating as an athlete) or a supervisor of such condition(s) and refuse to participate.

I acknowledge and fully understand that I may be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from my own actions, inactions or negligence but the actions, inactions, or negligence of others, the rules of play, or the conditions of the premises or of any equipment used. Further, that there may be other risks not known to me or not reasonably foreseeable at this time.

I assume all the foregoing risks and accept personal responsibility for my personal damages following my injury, permanent disability or death. Intending to be legally bound, I do hereby release, waive, discharge and covenant not to sue the sponsoring organization, it's affiliated clubs, their respective administrators, officers, directors, agents and other employees or volunteers of the organization, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and leasers of premises used to conduct the event, all of which are hereinafter referred to a "releases", from any and all liability to me, my heirs and next of kin for any claims, demands, losses, or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of any releases or otherwise in connection with association of participation in and/or arising out of my travel to , participation in and returning from participation in the event.

In the event that I sustain injury or illness while participating, I hereby authorize any emergency first aid, medication, medical treatment or surgery deemed necessary by licensed medical personnel. I also give my permission for attending medical personnel to execute on my behalf my permission forms or other necessary medical documents and to act in my behalf if I am not immediately available to do so.

THE UNDERSIGNED HAS READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT HE/SHE HAS GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT VOLUNTARILY.

I HAVE READ THIS RELEASE AND WILL COMPLY WITH ITS PROVISIONS..

SIGNATURE _____ PRINTED
NAME _____ DATE _____

FOR ATHLETES OF MINORITY AGE

This is to certify that, as a parent/guardian of this participant, I do consent to his/her agreement to be bound by each of the terms and conditions identified above.

PARENT/GUARDIAN SIGNATURE _____ DATE
SIGNED _____

Peak Nordic Ski Club, Inc. High School & Middle School Athlete Equipment Needed This Season - Check List

Make sure you go through and understand this entire list!

REQUIRED For ROLLER SKIING ARE:

- Roller Skis (For HS classic and skate OR combi), (For MS skate OR combi)
(make sure the roller ski bindings match all boots you plan to use with them)
- Bike Helmet Is MANDATORY for roller skiing, you will not be allowed to roller ski without it!
- Blinking light Is MANDATORY for roller skiing, you will not be allowed to roller ski without it!
- Pole Tips for Asphalt (for HS both classic and skate) (for MS skate only)
(make sure these are mounted in the right direction before the first roller ski practice)

REQUIRED For BOTH ROLLER SKIING AND SNOW SKIING ARE:

- Skate Boots (or Combi boots for both skate & classic) HS & MS
(make sure boots match bindings for roller skis and skis)
- Skate Poles HS & MS
- Classic Boots (or Combi boots for both classic & skate) HS uses on both roller skis & snow –
MS uses on snow (make sure boots match bindings for roller skis and skis)
- Classic Poles HS uses on both roller skis & snow – MS uses on snow
- Water bottle and carrying belt (this will be on the special team order as well)
- Running Shoes – Have them with you at all practices & races.
- Proper Clothing (there will be a special team order to help with this)

REQUIRED For ON SNOW SKIING:

- Skate Skis and bindings (make sure the bindings match your skate boots)
- Classic Skis and bindings (make sure the bindings match your classic boots)
 - Pocket marked on classic skis
- Pole Tips for SNOW – with baskets - Both classic and skate
(make sure these are mounted in the right direction before the first on snow ski practice)
- Ski Bag (loose skis will be a problem on team trips)
- Ski Ties for each pair of skis HIGHLY RECOMMENDED
- Reviewed with a Coach - (INITIALS)**