

# SANDPOINT NORDIC

## YOUTH SUMMER TRAINING 2018



**Summer training for ages 8 to 18yrs, Mondays and Thursdays 8am-9:30am starting June 11, 2018**

### REGISTRATION

ATHLETE NAME(S): 1) \_\_\_\_\_, 2) \_\_\_\_\_, 3) \_\_\_\_\_

AGE(S) ON JUNE 1st 1) \_\_\_\_\_, 2) \_\_\_\_\_, 3) \_\_\_\_\_

ATHLETE(S) T-SHIRT SIZE - Youth - XS S M L XL      Adult - XS S M L XL

Athlete 1) \_\_\_\_\_ Athlete 2) \_\_\_\_\_ Athlete 3) \_\_\_\_\_

DOES YOUR ATHLETE(S) HAVE A HYBRID OR MOUNTAIN BIKE, OR ACCESS TO ONE?

Athlete 1 - Yes/No      Athlete 2 - Yes/No      Athlete 3 - Yes/No

MEDICAL CONDITIONS INCLUDING ANY FOOD ALLERGIES

Athlete 1 \_\_\_\_\_ Athlete 2 \_\_\_\_\_ Athlete 3 \_\_\_\_\_

PARENT/GUARDIAN

NAME(S): \_\_\_\_\_

EMAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_

**Early registration price \$120.00. \$135.00 after May 20th. If paying by check, make payable to Sandpoint Nordic Club.**

Strength workouts will take place at Travers Park or the Rock Gym, endurance workouts will take place on the Syringa Trail and at the U of I Extension. Once registered you will be sent a calendar of workout locations. More information will be forthcoming on the Adventure Saturday outings.

Return this completed form and payment by **May 20** for best price. Mail to Vicki Longhini directly at 2222 Hidden Valley Rd, Sandpoint 83864, or register and pay at Syringa Cyclery, 518 Oak Street, Sandpoint.

**\*\*PLEASE COMPLETE AND SIGN WAIVER ON REVERSE\*\***

### *Release, Waiver and Indemnity Agreement*

*In consideration of my right to participate in Sandpoint Nordic Club, Inc., summer training events, I do hereby affirm and acknowledge that I am fully informed of the inherent hazards and risks associated with Nordic training and equipment related to this activity, and traveling to and from activity sites in which I am about to engage. I agree to release, absolve, hold harmless and indemnify the Sandpoint Nordic Club, Inc., and its officers, directors, volunteers, agents and assigns from and against all liability, demands, claims, actions, costs, and expenses, including attorney fees with respect to any loss, damage, or injury to persons or property, howsoever caused, arising out of my participation in such Sandpoint Nordic Club events.*

*It is understood this Release and Indemnification shall not be exclusive of any other rights the Sandpoint Nordic Club may have, but shall be binding upon me, my heirs, administrators, executors, and assigns. By entering into this agreement, I am not relying on any oral or written representation or statements made by the releases, other than what is set forth in this agreement. This agreement shall apply to any and all injury, disability, death or loss or damage to person or property occurring at any time after the execution of this agreement.*

*I have read this release of liability and assumption of risk agreement, I fully understand its terms, I understand that I have given up legal rights by signing it and sign it freely and voluntarily without any inducement.*

Signed this \_\_\_\_\_ day of \_\_\_\_\_ (month), 20\_\_\_\_

**List athlete name(s) and sign yours.**

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*Print Athlete Name* *Parent or Guardian Signature*

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*Print Athlete Name* *Parent or Guardian Signature*

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*Print Athlete Name* *Parent or Guardian Signature*