

Acknowledgment and Assumption of Risk

I, _____, know that cross-country skiing is an action sport carrying significant risk of serious injury, death or property damage. I also know that there are natural and environmental conditions and risks, which independently or in combination with my activities may cause property damage or severe or even fatal injuries to me or others. I agree that I alone am responsible for my safety when participating in competitive events or training for competitive events and specifically acknowledge that the following persons or entities including: Gitchi Gummi Sport Association, the sponsors, the organizers, coaches, officials and any agent representative, officer, director, employee, member of affiliate of any person or entity named above are not responsible for my safety. I specifically release and discharge, in advance, those parties from any and all liability whether unknown or known even though liability may arise out of negligence or carelessness on the part of the persons mentioned above. I agree to accept all responsibility for the risks, conditions and hazards of the proposed activity as a participant in the Gitchi Gummi program. I hereby agree to waive release and discharge any and all claims for damages for death, personal injury or property damage which I may have during competitive events or training for competitive events, against any person or entity identified above whether such injury or damage was foreseeable.

I further agree to forever HOLD HARMLESS and INDEMNIFY all person and entities identified above, generally and specifically from any and all liability for death, personal injury or property damage resulting in any way from my participating in a GITCHI GUMMI SPORT ASSOCIATION'S program or event.

I currently have and I agree to maintain through the time that I participate varied and sufficient medical and accident insurance. I understand that it is my sole responsibility and release all persons or entities identified above from providing coverage for me.

The acknowledgment and Assumption of Risk and Release shall be binding upon my heirs and assigns.

Signature _____ Date _____

Signature of Parent or Guardian _____ Date _____
(If participant is under 18 years of Age)



Gitchi Gummi Sport Association
PO Box 3255
Duluth, MN 55803-3255



Holiday Ski Camp

Camp Ripley, Little Falls, MN

Dec 27-30, 1999



“Nikolai Anikin is an outstanding sports expert...I think he can help American skiers come closer to Olympic medals.” --Vladimir Smirnov

What is the Gitchi Gummi Sport Association

The Gitchi Gummi Sport Association (GGSA) is a nonprofit Duluth based organization dedicated to raising the level of cross country ski racing within the region and North America. The GGSA helps promote cross country skiing through elite level coaching, seminars, and publications

Holiday Camp

This year's Holiday Camp will run from **December 27-30** and will focus on the essentials of Gitchi Gummi training philosophy. The camp includes classical and skating technique instruction, video analysis, evening speakers, games and activities, concluding with a fun race. The camp will provide a wonderful insight into the style and philosophy of the Russian training method. No junior should miss the opportunity to experience training with an Olympic coach such as Nikolai Anikin.

Coaching Staff

Gitchi Gummi Head Coach Nikolai Anikin (Olympic Champion and former Soviet Union National Team Cross Country Ski Coach) will lead the coaching staff. Many other excellent coaches will assist Nikolai, including John Bauer (Two time Olympian, Gitchi Gummi Team Member). John will share his racing expertise as well as his Olympic experiences.

Camp Location

Housing and facilities will be located at Camp Ripley near Little Falls, Minnesota. The National Guard training area and trail system provide an ideal area for cross country ski training and will offer a perfect backdrop for this camp.

Camp Dates and Times

Camp check-in will be from NOON-1:00pm on the first day of the camp. The camp will end at NOON on the last day of the camp.

Camp Begins December 27, 1999
Camp Ends December 30, 1999

Equipment Needs

Athletes should be prepared to ski and train in both classic and freestyle techniques. A minimum of two sets of training clothes (morning and afternoon sessions) is strongly recommended.

Athletes are required to provide their own bedding (sleeping bag, etc.) and towels, etc.

If you have any questions regarding appropriate equipment, please contact Gitchi Gummi for recommendations.

Camp Fees

Camp fees include tuition, room and meals (Dinner on day one, breakfast and lunch on the final day, all other days include breakfast, lunch, snack and dinner).

Holiday Camp \$160.00

Transportation

Bus Transportation is available from the Anoka Technical College to Camp Ripley on December 27, 1999. The bus will return to Anoka Technical College on December 30, 1999. The cost for transportation is \$20 round trip, or \$10 one-way. Departure time is to be determined. Please call or write for more information. (PLEASE NOTE: Student athletes are not permitted to drive personal automobiles on base. This is an Army regulation, and no exceptions will be permitted.)

For More Information

Gitchi Gummi Sport Association
PO Box 3255
Duluth, MN 55803-3255

Bruce Bauer, Director (bbauer@d.umn.edu)
(218) 728-0413

Gitchi Gummi Registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

E-Mail: _____ Telephone: _____

Age: _____ Sex: _____

Medical Alerts: _____

Dietary Requirements (Vegetarian, etc): _____

T-Shirt Size (circle one): M L XL

<u>Program</u>	<u>Dates</u>	<u>Fees</u>
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|--------------------------|---------------------------------|----------|
| <input type="checkbox"/> | Holiday Camp Dec 27-30 | \$160.00 |
| <input type="checkbox"/> | Early Bird (Postmark by Dec 15) | \$150.00 |
| <input type="checkbox"/> | Round trip Bus Transportation | \$20.00 |
| <input type="checkbox"/> | One-way Bus Transportation | \$10.00 |

Camp Fee is NON-REFUNDABLE
after December 20, 1999.

Make check payable to GGSA

Return Signed Registration form to:

**GGSA, PO Box 3255
Duluth, MN 55803-3255**