



Membership & Programs Application – 2017-18 Season

I (We) do hereby apply for membership in Stowe Nordic. Membership is effective from September 1, 2017 through August 31, 2018 and authorizes all rights and privileges as offered by the club.

Name: _____ Birth Date: _____

Address: _____

Town: _____ State _____ ZIP _____

Phone: _____ Email: _____

Cell: _____ Secondary Email: _____

If family membership (must be student dependents under 22 and live in same household):

Spouse/Partner's Name: _____ Birth Date: _____

Child Name: _____ Birth Date: _____

Child Name: _____ Birth Date: _____

Child Name: _____ Birth Date: _____

STOWE NORDIC CLUB MEMBERSHIP DUES:

Individual Membership	\$30.00	\$ _____
Family Membership (spouse and dependents)	\$50.00	\$ _____

Help Stowe Nordic achieve its mission:

- We continue to offer professional coaching for our youth programs for children age 5-14yrs. Regardless of their other winter activities and priorities, we believe that every child that grows up in Stowe should know how to cross-country ski.
- Look for our new Guide To Nordic Skiing in Stowe on our website – an interactive map highlighting the multitude of great nordic skiing options in Stowe including descriptions, directions and trail maps
- We will continue grooming the Stowe Rec Path and a lovely 3K loop on Mayo Farm, both of which are directly accessible from town center and local business locations.
- We are also expanding group ski & social events including twice monthly moonlight skis, Backcountry tours, and our fabulous annual trip...this year an early season trip (Dec 14-17) to Foret Montmorency north of Quebec City to jump start your ski season

With initiatives such as these Stowe Nordic is entering a new era. To undertake projects like these we need your support. Thank you for your membership, and please consider making an extra contribution to support club activities that are a great benefit to all skiers plus the local community.

Additional Tax Deductible Contribution to Stowe Nordic Foundation, Inc. \$ _____

Stowe Nordic Training Programs, Winter 2016-17 (details on following pages):

Master's Training Program (\$170 per individual)	\$ _____
Youth Nordic Dryland 2 days per week (\$140):	\$ _____
Youth Ski Program 1 day per week, all abilities (\$190):	\$ _____
Youth Ski Program 2 days per week, intermediate (\$240):	\$ _____
Women's Friday Group (\$85):	\$ _____

TOTAL AMOUNT DUE.....\$ _____

Check payable to: "Stowe Nordic" (Charitable Contribution to: "Stowe Nordic Foundation")

Mail to: Stowe Nordic, c/o Peg Lackey, 2359 Stowe Hollow Rd, Stowe, VT 05672



WAIVER AND RELEASE OF LIABILITY

In consideration of the rights and privileges associated with membership in Stowe Nordic, I acknowledge and agree to be bound by the following:

1. Identification of Risks. I understand that participation in a skiing activity, including but not limited to, preparation for, participation in, and coaching of activities in cross-country ski competitions and clinics, involve risk of serious injury, including permanent disability, death and other losses, due to inactions or negligence of myself or others.

2. Assumption of the Risk. I agree that I am responsible for my safety while participating in activities associated with Stowe Nordic, and that such responsibility includes participation only a) when I am both physically and psychologically prepared to participate safely, b) after fully familiarizing myself with the venue before beginning the activity, and c) while using the equipment of a type and condition reasonably necessary to safely participate. I assume all risk connected with responsibility for any injury or loss connected with my participation.

3. Waiver. Aware of the risks and willing to assume them, I hereby release and agree to hold harmless Stowe Nordic, Inc., its officers, directors, employees, agents, coaches, trainers, doctors, officials, volunteers, affiliates, event organizers, sponsors, owners of property and trails used by me (Released Parties) from loss, injury, or death to myself or to any other person, or other damage to person or property resulting from my participation in events and competition and any related activities including, without limitation activities in connection with sponsorship, organization or execution of any event and travel to and from such event, whether I may participate as an athlete, coach, volunteer, spectator, or in any other manner associated with Stowe Nordic. This release is intended as a waiver of any claim I may have whether based upon negligence, breach of warranty, contract or other legal theory, against any of the above Released Parties, accepting myself the full responsibility for any such loss, injury, death or damage which may result. I intend for this release to also apply to my relatives, personal representatives, heirs, beneficiaries, next of kin, and assigns. If any part of this agreement is determined to be unenforceable, all other parts shall be given full force and effect. This waiver does not release acts of gross negligence or willful and wanton misconduct of any party.

4. Insurance. I currently have, and agree to maintain throughout the time that I train, compete and participate in Stowe Nordic events, valid and sufficient medical and accident insurance. I understand that this is my sole responsibility and release all persons and entities from providing this coverage for me.

5. Image. I grant permission, free of any fee, royalty or other compensation, to Stowe Nordic to use my (or my children or spouse as listed below) name, and any photographs, videos, images, results or records from any Stowe Nordic (or related entity including Stowe Cycling and Stowe Nordic Foundation) program or event for any purposes Stowe Nordic may choose.

Adult/Parent/Guardian Name: _____

Signature: _____ Date: _____

Additional Family Members / Program Participants:

Printed Name: _____ Date: _____

Printed Name: _____ Date: _____

Printed Name: _____ Date: _____

Printed Name: _____ Date: _____



Stowe Nordic 2017-2018 Training Programs

Stowe Nordic subsidizes the cost of these programs to keep them below “market price” to encourage greater participation. If you value programs like these we request that you consider an extra tax deductible donation to the *Stowe Nordic Foundation* to help fund these programs and all our new initiatives.

Masters Ski Training Program

- **Cost: \$170 per individual**
- **Ages 30+**
- **Mondays, September 19th through the end of March**

The Stowe Nordic Master's training program is for men and women, ages 30 plus. The goal of this program is to improve our Stowe Nordic Master's team presence at the club races and have fun. Last year we worked on learning how to ski FAST and this year we will add SMART (if something isn't working make a change). To ski FAST you need technique, strength and interval sessions.

The program will be Mondays 4pm at the Stowe Mountain Resort Cross-Country Center. We will begin on Monday, September 19, meeting weekly with dryland training and then as soon as snow flies start ski training. You will have the same 3 rotating coaches each with their own focus: Trina (interval training), Dave (core strength, technique, video) and Neal (agility, strength, ski specific training).

The cost of the program will be \$170 for the year (fall through the end of March). Plus you must be a Stowe Nordic member (individuals \$30 or family \$50) You can register online through SN website (www.stowenordic.org/Programs). Everyone who joins this year and did not receive a Stowe Nordic T-shirt last year will receive one. There will also be an opportunity to purchase a Stowe Nordic racing suit, jacket, over pants, etc. Plus you will be eligible for team discounts for wax and equipment at Mountain Ops in Stowe and Ski Rack in Burlington. This program was new last year and fun. You will receive many tips about skiing fast and smart (the combined racing experience of Dave, Trina is a century and Neal (the young guy and overall men's winner last year of the Zach Cup) will add the up to date racing techniques. We are trying to grow this program so for every new recruit you get to sign up, we will reduce your program cost by \$20 (word of mouth is the best recruiter).

So don't hesitate to sign up and if you have any questions or concerns please email Trina (hosmer@oit.umass.ed). Also you are all welcome to do a free trial to see if the program is right for you.

Women's Friday Ski Group

- **Cost: \$85 per individual**
- **Ages: 30+**
- **Time: Fridays at 3:30pm, mid-December through early March, schedule TBA**
- **Location: Stowe Mtn Resort Cross-Country Center**

In addition to our Monday Masters ski training group which is targeted at the competitive skier we are introducing a less demanding program on Friday afternoons designed specifically for women who want to learn to ski better, get some exercise, and have fun. It is scheduled to permit those who work and can get away a little early on Fridays to join. The program will be professionally coached by Gina Campoli, a long time women's coach and contributor to the local Nordic ski scene – Gina is passionate about sharing her expertise to help others improve their technique, fitness and enjoyment of the sport.

YOUTH PROGRAMS

Youth Nordic Fall Pre-Season Dryland Program

- **Cost: \$140**
- **Ages 8-18, all abilities**

The Stowe Nordic Dryland program provides a platform for endurance, strength and skill training for athletes to help prepare them for the upcoming winter season. Sessions offer a variety of activities that include; pole hiking, trail running, playing sports, agility drills, strength training and more. Youth meet twice a week and train with US Ski and Snowboard certified cross country coaches for personal and team development.

- Tuesdays & Thursdays, 3:15-4:30pm
- Meets at Stowe Middle School & local ski trails
- 7 weeks: October 26th – December 14th
- Equipment: Running shoes, dress for weather.

Youth Fall Mountain Bike Program

- **Cost: \$240.00**
- **Ages 8-18, beginner to advanced**

Riders will be split into groups based on age and ability and led by Safesport and USA Cycling certified coaches. Riders will be trained with a crafted skills development program that will lead to enhanced performance in riding singletrack, jumps, berms, drops, climbing and navigating obstacles. All levels of riders are welcome to join as we work to improve our bike skills, seek adventure and feed our passion for riding mountain bikes.

- Tuesdays & Thursdays, 3:15-5:15pm
- 7 weeks: September 5th - October 19th (14 sessions)
- Meets at Cady Hill trail system
- Equipment: Solid working bike, helmet, water

Youth Winter Ski Program

- **Cost: \$240 for 2 days / \$190 for 1 day per week**
- **Ages: K-8th grade (all ability levels)**

Through the Stowe Nordic BKL development program we been teaching local kids to cross-country ski for decades. Our USSA certified coaches deliver a great program, skiing on epic venues, fostering an environment of team and community support, and working to instill not just skills and fitness, but a passion for the lifelong sport of Nordic skiing.



Athletes will meet with the option of 1 or 2 days a week at world class venues and trails in the Stowe area. The program is structured as a development pipeline with each skier placed in an age and ability appropriate group. Participants are engaged in skills training, games, contests, team exercises and plenty of ski time on the trails, all specifically designed for their age and ability level. Sessions are led by highly trained USSA certified level 200 cross country coaches with detailed youth program experience.

Parents and group leaders are often needed and are encouraged to contact us for volunteer opportunities.

- Tuesdays and Thursdays 3:30-4:45pm
- Location: Stowe Mountain Resort Cross-Country Center
- December 12th -March 15th
- Equipment: Classic skis only grades K-2, skate and classic skis grades 3-8
- Contact coach Neal Graves for equipment leases: neal.t.graves@gmail.com