



Membership & Programs Application – 2018-19 Season

I (We) do hereby apply for membership in Stowe Nordic. Membership is effective from September 1, 2018 through August 31, 2019 and authorizes all rights and privileges as offered by the club.

Name: _____

Address: _____

Town: _____ State _____ ZIP _____

Phone: _____ Email: _____

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

Spouse/Partner's Name: _____

Child Name: _____

Child Name: _____

Child Name: _____

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.
- Need a trail map or some ideas on new places to ski – check out our 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 for just about anywhere you want to ski
- We will continue grooming the Stowe Rec Path this winter, providing free skiing directly accessible from town center and local business locations.
- We will also continue to organize group ski & social events including moonlight skis, Backcountry tours, and our fabulous annual trip...this year a return to Quebec City to see the best in the world compete in the World Cup Finals - March 22-24

To undertake projects like these we need your support. Thank you for your membership, and please consider making an extra tax deductible 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 2018-19 – club membership required (program details on following pages):

Master's Training Program (\$170 per individual) \$ _____
 Youth Ski Program (\$140): \$ _____
 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: _____



Stowe Nordic 2018-19 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 them

ADULT TRAINING PROGRAMS

Masters Ski Training:

- **Cost: \$170 per individual (club membership required)**
- **Ages 30+**
- **Mondays, 4pm**
- **September 24th 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, but mostly to have fun while improving our skiing. Last year we worked on learning to ski not only FAST but SMART and this year we will add PATIENCE. To ski FAST you need technique, strength and interval sessions. To ski SMART, you need to identify problems and make changes. In other words, you have got to be thinking every stride how to be more efficient. To add PATIENCE, you need to realize making a change in technique does not happen instantly but evolves with consistent practice. At times you will have a glimmer of hope that you are making progress and then there will be days you feel you have regressed. But for me the glimmer of hope is what has kept me going for 50 plus years trying to perfect the kick and glide. You know when you have it because everything seems effortless. Our mantra will be "Not going to happen overnight but with continual practice it will happen".

The program will be Mondays 4pm at the Mt Mansfield Touring Center (Cross country Ski Center at SMR). We will begin on Monday, September 24, meeting weekly with dryland training and as soon as there is enough snow, ski training. You will have 3 rotating coaches each with their own focus: Trina (interval training), Dave (core strength, technique, video) and third coach (TBD) (agility, strength, ski specific training). Weekly emails will be sent out informing you of type of training and social events after training (biweekly meet at a local restaurant for post training conversation, drinks and food).

The cost of the program is \$170 for the entire season (fall through the end of March). Plus you must join Stowe Nordic (individuals \$30 or family \$50). You can register online at the SN website (www.stowenordic.org, tab programs, master's ski training, then online registration). Everyone who joins this year and did not receive a Stowe Nordic Tech-shirt last year will receive one. There will also be an opportunity to purchase a Stowe Nordic racing suit, jacket, pants, etc. at cost. Plus you will be eligible for team discounts for wax and equipment at the Ski Rack in Burlington and Mountain Ops here in Stowe. We are trying to grow this program so please encourage any of your friends to come give it a try (no charge to attend a couple of sessions). Many folks say "I am not interested in racing", but the real goal is to learn to ski efficiently which makes every outing more fun, which is great for everyone.

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

YOUTH PROGRAMS

Youth Winter Ski Program:

- **Cost:** \$140 (club membership required)
- **Ages:** K-8th grade (all ability levels)
- **Location:** Stowe Mountain Resort Cross Country Center
- **Time:** 3:15-4:45pm
- **Dates:** Tuesdays from December 11th to March 12th (approximately 12 sessions)

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



The program is structured to provide a development pipeline with each skier placed in an age and ability appropriate group. Participants will engage in skills training, games, contests, team exercises and plenty of ski time on the trails, all specifically designed for their age and ability level.

Parent Volunteers:

- Volunteers and group leaders are needed – contact us at info@stowenordic.org to learn more.
- Volunteers receive **HALF PRICE program fees** for all their children. To qualify for the discount, volunteers must be able to help consistently throughout the season. Sign up at the regular price and a refund check will be issued later in the season.

Equipment:

- Classic skis for all ages.
- For 3rd grade and older, we will offer optional skate skiing later in the season. If you have skate skis, bring them then. If not, we may be able to outfit some skiers
- If you do not have your own equipment, we can provide skis, boots & poles for a limited number of skiers (depending on sizes needed) – \$50 for the season.
- Season lease packages are available at 15% club discount from Mountain Ops in Stowe and Ski Rack in Burlington

Women's Friday Ski Group:

- **Cost:** \$85 per individual (club membership required)
- **Ages:** 30+
- **Time:** Fridays at 3:30pm
- **Dates:** mid-December through early March (approximately 8 sessions, exact dates TBD)
- **Location:** Stowe Mtn Resort Cross-Country Center

In addition to our Monday Masters ski training group which is targeted at the more competitive skier we are happy to offer our second season of 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 once again 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 Winter Ski Program:

- **Cost:** \$140 (club membership required)
- **Ages:** K-8th grade (all ability levels)
- **Location:** Stowe Mountain Resort Cross Country Center
- **Time:** 3:15-4:45pm
- **Dates:** Tuesdays from December 11th to March 12th

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



The program is structured to provide a development pipeline with each skier placed in an age and ability appropriate group. Participants will engage in skills training, games, contests, team exercises and plenty of ski time on the trails, all specifically designed for their age and ability level.

Parent Volunteers:

- Volunteers and group leaders are needed – contact us at info@stowenordic.org to learn more.
- Volunteers receive **HALF PRICE program fees** for all their children. To qualify for the discount, volunteers must be able to help consistently throughout the season. Sign up at the regular price and a refund check will be issued later in the season.

Equipment:

- Classic skis for all ages.
- For 3rd grade and older, we will offer optional skate skiing later in the season. If you have skate skis, bring them then. If not, we may be able to outfit some skiers
- If you do not have your own equipment, we can provide skis, boots & poles for a limited number of skiers (depending on sizes needed) – \$50 for the season.
- Season lease packages are available at 15% club discount from Mountain Ops in Stowe and Ski Rack in Burlington