

Summer Ski Training with Minnesota Biathlon

www.minnesotabiathlon.com

West Side Program: June 17- Aug 13th

Coaching Staff: Piotr Bednarski, John Kurtz

Schedule:

Monday: 8am-10am: Elk River, meet at Woodland Trails Park, running and rollerskiing, bring running shoes and skate rollerskiing gear, (biathlon shooting training to follow 10:00am-11:00)

Monday: 7pm-8:30pm: Meet at Benilde-St Margaret's H.S., St Louis Park. Plyometrics and strength training

Tuesday: 7am-9am Elm Creek Park, strength, games, and biking. Bring running shoes and bike. Meet by swimming area.

Wednesday: 8am-10am: Elk River, meet at Woodland Trails Park, dryland technique and biking, (biathlon shooting training to follow 10:00am-11:00am)

Wednesday: 7pm-9pm, Meet at Benilde-St Margaret's H.S., St Louis Park. Plyometrics, strength, speed training,

Thursday: 7am-9:00am Elm Creek Park, Maple Grove. Meet by swimming area. Classic rollerskiing. Bring running shoes and classic rollerskis.

Thursday: 6pm-7:30pm. ****optional**** Buck Hill Mnt Bike race series- we will do a limited number of races- exact race dates to be announced

Friday: 8am-10:00am. Elm Creek Park, Maple Grove. Meet by swimming area. Bounding and/or rollerskiing. Bring running shoes and skate rollerskis.

Hastings Program: June 28-Aug 13th

Coaching Staff: Pat Lorentz- Hastings H.S. Coach and Midwest Madhus racing team, Piotr Bednarski- MN Biathlon Head Coach,

Schedule:

Monday: 7am-9:30am. Meet at Hastings H.S. by the track. Speed and strength training, 1hr, followed by Rollerski training, 1hr

Wednesday: 7am-9:30am. Meet at Afton State Park, entrance. Running, strength, ski walking and bounding.

Friday: 7am-9:30 am. Meet at Hastings H.S. Strength followed by rollerski technique.

Equipment: you will need classic and skate rollerskis (for rollerski days), waterbottle carrier, stopwatch, helmet, Some loaner rollerskis are available. Heart rate monitor is a good idea, but not required. Training log is required- bring your own, or MN Biathlon can provide for \$25.

Camps:

We will offer three training camps in conjunction with the summer program:

- 1) June 22-26- Grand Rapids Shooting Camp- focus will be on specific biathlon training- namely shooting. We will shoot primarily indoors, establishing good position and technique. The camp will wrap up with a Summer Biathlon race in Duluth on the 26th. Secondary focus will be on rollerskiing- training and technique. Approx cost will be \$170.
- 2) July 24-27- Biking and Rollerski Camp, Grand Rapids. Focus of this camp is big volume- in the form of Mnt Biking and rollerskiing. We will also do a fair amount of combo training at Mt. Itasca. The camp will start with a mountain bike biathlon race at Mt Itasca. Cost approximately \$150 (camp cost is approximate).
- 3) August 16-19, High Volume Camp- trail running and rollerskiing in Grand Marais. The focus of this camp is big volume- primarily in the form of point to point running along the hills of the North Shore. Cost including transport \$150 (camp cost is approximate)

Summer Training- Minnesota Biathlon

Membership Registration/Waiver Form

Name _____ Birthdate _____ Grade _____

Street _____ City _____ State, ___ Zip

Phone _____ fax _____ - _____ email!!!

Age _____

Parents' name and office phone (in case of emergency) :

Medical info we should know (medication, allergies) :

West Side Summer Program

3 sessions per week \$350
4-7 sessions per week \$550
Year Round Program \$1000

East Side Summer Program

3 session per week- beginner \$350

Camps:

June camp \$170 (cost approx)
July camp \$150 (cost approx)
Aug camp \$150 (cost approx)

Rifle Rental \$100

Total Amount enclosed: _____

Checks made payable to Minnesota Biathlon and Mail to 5032 28th St Louis Park, MN 55416

WAIVER AND RELEASE OF LIABILITY

Identification of Risk. I, _____, know nordic skiing and biathlon, involves risks of serious injury, including permanent disability and death. I understand that these injuries might result not only from my actions, but the actions, inactions, or negligence of others.

Assumption of Risk. I agree that I am responsible for my safety while participating in biathlon training and competition. I assume all risks, both known and unknown, connected with my participation.

Waiver. Being aware of the risks and willing to assume them, I waive, release, and hold harmless Team Birke, Minnesota Biathlon, Cross Country Skiing and Biathlon Community Olympic Development Programs, Minneapolis Ski Club, United State Biathlon Association, City of Elk River, Camus, their affiliate clubs, directors, officers, employees, coaches, sponsors, advertisers, and owners/lessors of used premises from all claims for liability, injury, loss, or damage connected with my participation in biathlon training and

competition. I intend for this waiver and release to also apply to my relatives, personal representatives, heirs, beneficiaries, next of kin, and assigns.

Insurance. I currently have, and agree to maintain throughout the time I participate, sufficient medical and accident insurance. I understand that this is my responsibility and release any one else from providing it for me.

I have read this agreement carefully, understand that I give up substantial rights by signing it, and sign it voluntarily.

_____ Date _____

Participant's signature

For participants under age 18:

I consent to the above person's participation in biathlon training and competition. I acknowledge that I assume all risks, known and unknown, and waive all claims

in advance.

_____ Date _____

Parent/guardian's signature