

## Registration

Name \_\_\_\_\_  
Birthdate \_\_\_\_\_ Age \_\_\_\_\_  
Male/Female Grade \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_  
Emergency contact name and phone  
\_\_\_\_\_  
email \_\_\_\_\_  
allergies/medical conditions we should know  
about \_\_\_\_\_  
\_\_\_\_\_

### Cost:

Basic Summer Ski Training	\$350
Advanced Summer Training	\$550
Advanced evenings only	\$250
North Shore Camp, August	\$200

### Registration Deadline:

Registrations are due by June 1. There is a \$20 discount if registered by May 1.

Amount Enclosed: \_\_\_\_\_

Make checks payable to:

**Minnesota Biathlon**

**5032 28<sup>th</sup> St,**

**St Louis Park, MN 55416**

## Skiers Are Made in the Summer !

**Piotr Bednarski, 952/924-0381**  
**www.minnesotabiathlon.com**  
**mnbiathlon@aol.com**

## WAIVER AND RELEASE OF LIABILITY

### Identification of Risk. I,

\_\_\_\_\_, know that cross-country skiing, 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 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 Minnesota Biathlon and 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 cross country skiing and 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.**

\_\_\_\_\_  
Participant's signature

\_\_\_\_\_  
Date

### For participants under age 18:

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

\_\_\_\_\_  
Parent/guardian's signature

\_\_\_\_\_  
Date

# Summer Nordic Ski Training

with  
**Piotr Bednarski and  
Minnesota Biathlon**



## Ski faster !

## Train smarter !

**-Top quality coaching with international experience.**

**-Train Hard and Train Smart**

**-Individualized Attention**

**-Education in training methods and physiology**

**-Improve and Have Fun!**

Join coach Piotr Bednarski and the Minnesota Biathlon staff for some challenging and fun summer training!!!

**Our Mission:**

Minnesota Biathlon's mission is to promote cross country skiing and biathlon among the youth of Minnesota, and to help young athletes chase their dreams in these winter sports.

Ultimately, we have two main goals:

- 1) achieve excellence in skiing at an international level
- 2) help individual athletes improve their skiing, whatever their ability

**World Class Tradition!**

Every Olympian was a beginner at some point- the list of our alumnae that have gone on to compete at the Olympic and World Championship level is quite long:

-Dan Campbell (Hastings)- 2002 Olympics

-Andrea Nahrgang (Hopkins)-2002 Olympics

-Jill Krause-2003-5 World Championships

-Jacob Beste (Southwest)-2005 World Cup,

-Grant Ernhart (Elk River) World Champs

-Sonne Nordgren (Stillwater) 2004 XC and Biathlon World Junior Championships

-Steve Scott-2003 XC World Junior Champs

-and 18 others who have competed at the Biathlon World Junior Champs in the last 8

years. If you have high goals, this is the place to get started!

**Coaching Staff:**

**Piotr Bednarski** has an extensive background in exercise physiology and biomechanics. He has 17 years of coaching experience at all levels- high school, college and national team.

**Caitlin Compton** is a current member of the Subaru Factory Team. She has many top 10 finishes at the US Senior Nationals and represented the U.S. at the World Junior Nordic Ski Championships.

**Ben Kremer** has international experience in biathlon and has trained with MN Biathlon and Gitchi Gummi SA in Duluth.

**Summer Training Programs:**

**June 13-August 12**

(no training July 4, July 25-29)

**Basic HS Program:** Work on ski technique and fitness. Ages 13-18- need basic fitness in order to participate: run 30 minutes, 15 pushups, and 30 sit-ups

**Monday:** 7AM Elm Creek Park. Strength, dryland technique, rollerskiing

**Wednesday:** 7AM Elm Creek, distance rollerski and technique

**Friday:** 7AM French Park, strength, games, bounding, running

**Advanced/College Program:**

For those who want to make really big strides in technique, endurance and strength. For high school, college and senior athletes.

**Monday:** 7AM, Elm Creek Park, Osseo. Strength, dryland technique, rollerskiing.

**Monday:** 7PM, Benilde St Margaret's H.S., St Louis Park, track workout/bounding

**Tuesday:** 8:30AM, Elk River, Hillside Trails. Mountain Biking or Road Biking.

**Wednesday:** 7AM, Elm Creek, Osseo. distance rollerski and technique

**Wednesday:** 7PM, Benilde St Margaret's HS, St Louis Park, Core strength and plyometrics.

**Thursday:** 7AM, French Park, Plymouth. Rollerskiing, video, specific strength interval.

**Friday:** 7AM French Park, strength, games, bounding, and running.

**Make up Sessions and Refund policy:**

There are no make up sessions or refunds after the start of the program.

**Equipment Needed:**

Skate Rollerskis, skate boots, poles, running shoes, waterbottle carrier, watch, bounding poles, training log. Also, recommended: classic rollerskis and heart rate monitor.

**Volume Training Camp, Aug 15-18**

Take it up a notch- 4-day, high volume training camp on the North Shore. Camp will focus on trail running, with some rollerskiing, ski technique, games, and eco-challenge. You need to be able to run a minimum of 2 hours to be eligible for this camp.

**Biathlon Training:**

Biathlon marksmanship training will take place Tuesday mornings, 11am-12:30pm, at the Elk River Biathlon Range. We have a limited number of biathlon rifles available for rental. Contact Piotr if you are interested in Biathlon training, 952/924-0381, mnbiathlon@aol.com.