

Registration

Name _____
Birthdate _____ Age _____
Male/Female Grade _____
Street _____
City _____
State _____ Zip _____
Phone _____
Emergency contact name and phone _____

email _____
allergies, medical conditions we should know about _____

Amount Enclosed: _____
Make checks payable to:
Minnesota Nordic Project
5032 28th St, St Louis Park, MN 55416
Cost:

Basic Ski Training, M,Th,F AMs	\$395
Basic plus Evenings	\$585
Advanced Ski Training	\$650
Evenings only	\$275
Biathlon Training	\$140

Vermont Biathlon Camp, approx \$300-tba
Registrations are due by June 10. There is a \$20 discount if you register by April 1. No refunds after May 15. No pro-rating of fees.

Skiers Are Made in the Summer !

call Piotr Bednarski, 952/924-0381
gotrainingus@aol.com
www.gotraining.us

WAIVER AND RELEASE OF LIABILITY

Identification of Risk. I, _____,
know that cross

country 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 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 Nordic Project and 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.

Date _____
Parent/guardian's signature

Training Lectures

Endurance Training for Juniors

April lecture for juniors, check www.gotraining.us for time and location.

Free to summer athletes

Minnesota Nordic Project

Twin Cities Summer XC Ski and Biathlon Training



**Make the Big JUMP this
Summer!**

-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 Nordic Project for some challenging and fun summer training!!! Minnesota Nordic Project was formerly called Minnesota Biathlon. The name has been changed to fit the new mission.

Our Mission:

Minnesota Nordic Project'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) help individual athletes improve their skiing, whatever their ability
- 2) achieve excellence in xc skiing and biathlon at an international level

World Class Tradition!

Every Olympian was a beginner at some point- there's a long list of our alumnae that have gone on to the Olympics and World Championships in Biathlon and XC:

--Caitlin Compton- 2007 Overall Super Tour Champion, 2007 World Champs Team
-Carolyn Treacy (Duluth)- 2006 Olympian
-Brian Olsen (Bloomington)-2006 Olympian
-Dan Campbell (Hastings)- 2002 Olympian
-Andrea Nahrgang (Wayzata)-2002 Olympia
-Jill Krause-2003-5 World Championships
-Jacob Beste (Southwest)-2004 World Cup

-Andy Erickson (Hopkins)- 1998 Olympics
-Grant Ernhart (Elk River) 2000 World Cup and World Championships
-Steve Scott- (St Paul Academy) 2003 XC World Junior Champs and 2006 Under 23 World Championships

Coaching Staff:

Our staff is made up of current athletes and coaches who love to train and compete! We combine knowledge of technique and training methods with enthusiasm and passion for sport

-Head Coach Piotr Bednarski has an extensive background in exercise physiology and biomechanics. He has 19 years of coaching experience at all levels- He was awarded the US Olympic Committee Coach of the Year for Biathlon, 1996 and 2000. Piotr is currently the Director of Athlete Development for the US Biathlon Team.

-Kate Ellis is a great motivator and example for young athletes. She is one of the top master's competitors in the Midwest.

-Caitlin Compton is always smiling and ready to train! Training with MN Nordic Project for the past 3 years. Caitlin is the 2007 Super Tour Leader and member of the 2007 XC World Championship Team!

-Ben Kremer is a veteran of the North American biathlon circuit and a Midwest Super Tour and marathon racer

-Johanna Winters has been the top performer from UWGB. Great skier and a great role model!

Cover Photo: Caitlin Compton, 2007 Super Tour Champion, courtesy of Paul Phillips,

www.competitiveimage.us

Summer Programs :

June 18-August 10

(no training July 4-6)

Basic Program- 3 sessions/week,

Monday: 7am-9am Peter Hobart Elementary, St Louis Park: Strength and rollerskiing endurance.

Thursday: 7am-8:45am, Elm Creek Park, Agility and rollerski endurance.

Friday: 7am-9am, French Park, rollerski intervals, bounding, running, games.

Advanced Program- 7 session/week

For those who want to make really big improvements this summer, training plans included. For high school, college and senior athletes.

Monday: 7 am, Peter Hobart Elementary, St Louis Park, strength, distance rollerski

Monday: 7 pm, St Louis Park, Benilde St Margaret's HS, running and agility

Tuesday: 10am-12noon, mountain biking, Elk River Hillside trails, (optional)

Wednesday: 7:30 am, Town of Afton- Rollerski Intervals or Hill Running

Thursday: 7 am, Elm Creek Park, Agility/strength and rollerski technique

Thursday: 7 pm, Strength/Power at Peter Hobart Elementary, St Louis Park

Friday: 7 am French Park. Plymouth- Rollerskiing, bounding, running

Biathlon Training:

Elk River Biathlon Range, Elk River

Tuesday, 8am-10am, accuracy and combo

Thursday, 9:45am-11:45am, accuracy

Vermont Biathlon Training Camp:

August 13-19, Burlington, VT, Training and Racing, cost approx \$300 plus airfare