

MIDLAND SKI CLUB
ADVANCED YOUTH SKI INSTRUCTION PROGRAM REGISTRATION
“CHALLENGE RABBITS”

PARTICIPANTS NAME: _____ ADDRESS: _____
DATE OF BIRTH (DD/MM/YY): _____
HOME PHONE #: _____ EMAIL ADDRESS: _____
HEALTH CARD #: _____ FAMILY DOCTOR with #: _____
EMERGENCY CONTACTS with #S _____

Parents please indicate if your child or children have any allergies or medical needs, learning disabilities or challenges that we may need to know about and lets us know what works best to address these needs compassionately and effectively.

Please use one family group registration per form. (Use back if required.)

Challenge Rabbits is for athletes focused on improving their skiing skills but don't want to race. The instructors will place the athletes in groups based on their skill level and commitment to the sport.

Fees: Challenge Rabbits \$125.00 Practices - Saturdays (trail fees included)
- Tues/Thu. evening (trail fees not included)
\$185.00 (includes a full season's trail pass)

Program runs Saturdays Oct 3 till March 27. Saturday's 10-12, Tues/Thurs 4 -5:30
No snow – We will be roller skiing Saturday in Victoria Harbour, (rain days @ Mt.View).
Tues/Thurs @ Mt.View for dryland training (rain or shine)

With Snow – All training will be @ Mt. View. Saturday, athlete's are to have their skis waxed for both classic and skate for 10 o'clock start. The club house will be open @ 9AM for waxing and help.
Tues/Thursday are skate days with the High school teams.

Please make cheques payable to Midland Ski Club. Thank you. Total Fee: _____

In consideration of your accepting this application, I, for myself, my heirs and assigns do hereby release Midland Ski Club, Mountain View Ski Hills, volunteers, organizers, sponsors, employees or property owners from any claim whatsoever arising from my participation in the program, or my use of the facilities and surrounding trails.

I, The undersigned athlete, wish to train with the Midland Nordic Snow Dogs team. I have read and understand the guidelines and am willing to make a total personal commitment to the team

Date: _____

Signature of Athlete: _____
Signature of Parent _____

Send Form and payment to:
Midland Ski Club c/o Tim Bourrie
331 Rose Cres
Midland ON L4R 5C1

Registration questions may be directed to:
Tim Bourrie, 526-5351 or Heather MacMillian 361-1326.

Snow Dogs Nordic Racing/Challenge program Guidelines

Here are a few things to keep in mind for taking part in the team.

1. We would like a level of time and energy commitment that will allow you to develop as a competent and competitive athlete. This will not mean you do only Nordic skiing.
2. Racers, you will be entering into an average of 1 local race per month this year and for some of you the high school races GBSSA and OFSSA competitions as well. For schedule & dates please go to www.mountainviewmidland.com And click under *Skiing, Youth Programs*. There will also be a copy of the schedule in the dog house.
3. Once we have snow to ski on we expect you to be skiing a minimum of 3x per week.
4. Healthy eating, recovery times and sleeping habits will set you up for becoming a better athlete. Fun/fast foods can be consumed on occasions not as a steady diet.
5. Be prepared for each work-out or Race Day. Proper clothing, food and a supply of water &/or sport drink of choice. I understand it is better to dilute your sports drinks by 50%. That means they will last twice as long.
6. Proper warm ups and cool downs before and after each work out will be very beneficial to recovery and development of your muscles and biochemical pathways in your bodies.
7. I expect that you will maintain a reasonable level of academic achievement in school. Athletes are smart people. Do your homework, make plans to fit in all the activities you value and be happy at what you are doing.
8. Although this is a racing group to develop a higher level of racing and athletic ability and allow those who wish to excel the opportunity to do so. It is also a group of people having fun and enjoying the outdoors in a way you can for the rest of your life.

**Work Hard, Play Hard, Support Each Other
Enjoy Healthy Living!**

Coaches: Jim MacMillan, 361-2153
Tim Bourrie, 526-5351hm, 529-8932 cell
Heather MacMillan, 361-1326
Angela Schmidt-Foster, 526-0808