



## **Youth/Junior Development – Winter Program**

### **Competition Team**

The CMBC Junior Development Program will educate and train athletes on how to become successful Nordic & Biathlon athletes and competitors. The program will provide athletes 7 to 20 years of age the opportunity to train and compete at a higher level. The program focuses on Nordic ski technique development, strength, systematic endurance training, marksmanship for biathletes and fun! Athletes will learn the importance of sport specific training, skill development, strength, endurance, agility, precision, accuracy and speed. This will be accomplished through weekly training and focus with a group of highly motivated athletes and coaches, individualized training plans and race support. These components will be combined with the camaraderie and teamwork required to foster the positive working environment necessary for success. This program works with each individual athlete on goal setting and planning. CMBC will work with athletes to achieve goals in both Nordic and Biathlon. As with any program, the participants will get more out of it when they put more into it. With CMBC, Nordic athletes will receive individual attention in both skiing and shooting that will give them a competitive advantage. Beginners are welcome!! You do not have to own a rifle to participate. Rental skis are available through the club.

### **Winter Program Includes:**

- Weekly Training Schedule. 3 to 6 sessions per week depending on age and team choice (see calendar for practice & race dates)
- Weekend training and open range sessions/TBD depending on finalized race schedule
- Coaching & Race Support at selected races
- CMBC annual membership
- Program begins Dec 5 and ends March 31.

### **Expectations for Athletes**

- Have current USBA membership
- Have current USSA membership (only if racing Nordic NRL races)
- Have Natrona County Ski Pass (available through CMBC)
- Turn in a weekly training log on Sunday (U16 and up only)
- Have excellent communication with CMBC coaches
- Work hard, have fun and be an excellent team member

### **COMPETITION TEAM**

- Alpha – Training 6 x per week. Tuesday's OFF (96 Sessions)
  - \$900
  - This program is designed for athletes ages 13 and older wishing to train full time and participate in both XC ski and biathlon races.
  - Holiday Camp Dec 20 – 23
  - \$750 XC Ski Only (no shooting practices).
  - The XC Ski Only option is designed for athletes 13 and older wishing to train specifically for XC skiing, both classic and skate techniques, and wishes to participate in U.S. Ski & Snowboard Racing.
- Bravo – Training 4 x per week. Monday's & Tuesdays Off (64 Sessions)
  - \$500
  - This program is designed for athletes 7 to 12 years old or athletes

<b>Weekly Practice Schedule</b>			
<b>(December 5, 2018 – March 31, 2019)</b>			
	U13-U20 (4:30-6 pm) Alpha	U 12 (4.30-6 pm) Bravo	Senior/Masters (6-7.30 pm) Wed, Sat, Sun
Monday	<b>Biathlon</b>	OFF	
Tuesday	OFF	OFF	
Wednesday	<b>Biathlon</b>		
Thursday	Nordic Skiing- Classic		OFF
Friday	Nordic Skiing- Skate- Technique, distance		OFF
Saturday	1-3 pm. Open Range. <b>Biathlon</b> - Shooting, Skiing, Distance		
Sunday	1-3 pm. Race training: intervals, time trial, race preparation - both ski and biathlon. Alternate classic and skate every other Sunday		

<b>TEAM CMBC Home Race and Camp Schedule</b>		
	<b>Dates</b>	
North American Cup/IBU Team Trial/CMBC Cup	Dec 14-16	
Casper Holiday Biathlon Camp	Dec 20-23	
Cowboy State Games Cross Country Ski Championships/HP NRL/Wyoming HS Race	Feb 8-9	
CMBC World Cup Experience at Soldier Hollow	Feb 11 - 17	
Winter Adventure Day – Youth Ski Festival	March 9	
Cowboy State Games Biathlon Championships	March 23-24	
Spring Cross Country Ski Festival	April 5 - 7	
USBA Regional Biathlon Camp	June 17-22	
Cowboy State Games Summer Biathlon	June 22	

A list of optional travel races will be provided.

Pricing does not include race registration fees, travel expenses, wax, ammo, or coaching fees associated with race travel. Race Travel: CMBC will require a minimum of 4 athletes for a coach to travel to races (exceptions Junior World Trials and Nationals) – A typical race weekend will be approx. \$75 - \$150 Coaching & wax, \$150 - \$ 200 Lodging, Food & Transportation.

**CMBC Registration Form**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Emergency Contact Name/Phone Number: \_\_\_\_\_

Birth date & Age: \_\_\_\_\_ Do you own your own biathlon rifle?  Yes  No

USBA Member?  Yes  No USBA Number: \_\_\_\_\_ T Shirt Size: \_\_\_\_\_

U.S. Ski & Snowboard Number: \_\_\_\_\_

Any Allergies, medical conditions or disabilities we should be aware of? \_\_\_\_\_

Biathlon & Nordic Ski Goals?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Please mark your program selection:**

**Competition Team**

- \_\_\_ \$500 Bravo Program (Includes Holiday Camp)
- \_\_\_ \$900 Alpha Program (Includes Holiday Camp)
- \_\_\_ \$750 XC Ski Only Option (No shooting training)

Please make checks payable to **Casper Mountain Biathlon Club or CMBC**

Please mail check and registration to: CMBC, 1046 Lemmers Rd. Casper, WY 82601

- I would like to pay by credit card. CMBC will email an invoice via Square. 3% credit card processing fee.
- I would like to arrange a payment plan (\$300 Deposit required)

**Please sign both liability forms**

**Casper Mountain Biathlon Club Liability & Photo/Media Release**

**PLEASE READ CAREFULLY BEFORE AGREEING TO THIS ACKNOWLEDGEMENT, WAIVER AND RELEASE FROM LIABILITY:**

I recognize that Biathlon, Cross Country Skiing, Running, Biking and Rifle marksmanship can be hazardous sports. I acknowledge there are risks and hazards associated with involvement in the Casper Mountain Biathlon Club events. The risks can include, but are not limited to: damage to property, **PHYSICAL INJURY AND DEATH**. I state that I am, and those minors that I sign for, are in proper physical condition to participate in strenuous activity. I acknowledge and accept the risks associated with shooting, skiing, running and other related biathlon training and competition activities and I agree to release and hold harmless, and indemnify all members, organizers, sponsors, volunteers, agents, and officers of the Casper Mountain Biathlon Club and the Casper Nordic Club; Natrona County, Wyoming and the City of Casper, Wyoming and their respective elected officials, officers, employees, and agents; , and all members of the staff and volunteers of any venue sites involved in biathlon training, practice, or competition from any liability and claims, including attorney fees, for death, injuries, or property damage of whatever nature, connected to, or arising or resulting from my, or my minor's participation in any such biathlon training, practice, competition, function, workout or other event, including transportation to and from any such activities.

I recognize that Biathlon involves the use of firearms and I certify that I am not barred from using or possessing firearms by any state or federal law or by ruling of any court.

**Photo, Media and Copyright Release**

I grant CMBC my permission to photograph, videotape, and/or audiotape myself or my child during activities. These photographs/videos/audios will remain the property of CMBC and may be used in advertising or marketing campaigns on CMBC's websites, social media and for promotional and informational material including, but not limited to, flyers, brochures, newsletters, emails, advertisements, social media, newspaper articles, TV or cable interviews/promotions. I understand myself or my child will not be identified by name unless I give my express permission. I hereby waive and release on behalf of myself or my child, any rights to compensation for, or ownership of, such images and/or sounds.

I have read and agree to the terms and conditions of this Photo, Media and Copyright release. : \_\_\_\_\_ ( please intitial)

I HEREBY AFFIRM I AM EIGHTEEN (18) YEARS OF AGE OR OLDER, I HAVE READ THE ABOVE WAIVER, AND RELEASE FROM LIABILITY , AND I UNDERSTAND AND AGREE TO ITS PROVISIONS, AND UNDERSTAND THAT IT IS A LEGALLY BINDING AGREEMENT.

Signature: \_\_\_\_\_ Printed  
name: \_\_\_\_\_ Date: \_\_\_\_\_

FOR PARTICIPANTS UNDER AGE 18: A parent or legal guardian(s) must sign the release of liability for all participants under eighteen years of age. If the minor is in the care of a legal guardian, proof of guardianship must also be provided.

Signature: \_\_\_\_\_ Printed Name  
: \_\_\_\_\_ Date: \_\_\_\_\_

**United States Biathlon Association Assumption of Risk and Release Form Liability. (Read carefully before signing)**

I know and understand that biathlon in its various forms, as well as preparation for participation in, coaching, volunteering, officiating and related activities in winter biathlon, summer biathlon and roller ski biathlon competitions and clinics (all of which are hereinafter collectively referred to as "Activities"), involve many RISKS, DANGERS AND HAZARDS. These risks, dangers and hazards include, but are not limited to, changing weather and snow conditions, variations in steepness or terrain, natural and man-made obstacles and structures, equipment failure, collisions with objects or structures, being struck by skier/riders or equipment, and exceeding my own abilities. I further understand that biathlon training and competitions involve performance at the limits of one's abilities, and therefore are more hazardous than recreational skiing or roller blades. I understand that INJURIES OF ALL TYPES ARE COMMON AND ORDINARY OCCURANCE. I know that the risk of SEVERE INJURY and even DEATH exists in all

Training and competitions. I also know that personal training, coaching, instruction, supervision and enforcement of rules by the United States Biathlon Association, its subsidiaries, affiliates, officers, directors, volunteers, employees, coaches, contractors and representatives, clubs, competition organizers and sponsors (hereinafter the term "USBA" shall be used to refer to all such persons and entities collectively) do not and cannot guarantee my safety. With full knowledge and understanding of the RISK OF SEVERE INJURY AND DEATH involved in biathlon training and competition, I FREELY AND VOLUNTARILY ACCEPT AND FULLY ASSUME THE RISK THAT I MAY SUFFER TEMPORARY, PERMANENT OR EVEN FATAL INJURIES, even if I follow the instructions or advise of USBA. In partial consideration of USBA's acceptance of my membership application, and in spite of the risk of severe or permanent injury, or even death, the undersigned (hereinafter the "Member") agrees to: (1.) Member agrees never to utilize any venue, course or facility for any training, practice or competition without first conducting his/her own thorough visual inspection of the venue, course or facility. (2.) Member hereby unconditionally WAIVES AND RELEASES ANY AND ALL CLAIMS, AND AGREES TO HOLD HARMLESS, DEFEND, AND INDEMNIFY USBA (as defined above) FROM ANY CLAIMS, present or future, to Member or his/her property, or to any other person or property, for any loss, damage, expense, or injury (including death), suffered by any person from or in connection with member's participation in and Activities in which USBA is involved in anyway, due to any cause whatsoever, INCLUDING NEGLIGENCE and /or breach of express or implied warranty on the part of USBA. Member's sole remedy in the event of any injury shall be compensation for medical expenses under the USBA secondary accident insurance program. (3.) Member hereby RELIEVES USBA OF ANY DUTY TO PROTECT MEMBER FROM HARM in connection with any Activities in which USBA is involved in any way. (4.) Member authorizes USBA to obtain medical care for, or transport him/her to a medical facility or hospital if, in the opinion of USBA, medical attention is required and Member is unable to make such decisions for himself/herself. Member agrees to pay all costs associated with such medical care and related transportation and shall indemnify USBA of and from any such costs. (5.) The Agreement shall be construed in accordance with, and governed by substantive laws of, The State of Maine, without reference to principles governing choice of conflicts of laws. In addition, Member agree that all lawsuits for personal injury or related loss against USBA must be maintained in state courts sitting in Maine for federal district courts sitting in the District of Maine, and member consents and agrees that jurisdiction and venue for such proceedings shall lie exclusively with such courts. In the event any portion of this release is found to be unenforceable, the remaining terms shall be fully enforceable. HAVING CAREFULLY READ THE FOREGOING AND UNDERSTANDING IIT TO BE A LEGALLY BINDING RELEASE AND INDEMNITY AGREEMENT, \*MEMBER SIGNIFIES THEIR ASSENT TO THE ABOVE TERMS BY SIGNING BELOW: \*For Clubs, Organizations or Corporations this must be the OFFICIAL LEGAL REPRESENTATIVE who signs on behalf of the organizations BOARD OF DIRECTORS (usually SECRETARY, PRESIDENT OR VICE PRESIDENT)

Signature: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
Print Name: \_\_\_\_\_ Title: \_\_\_\_\_ Date Signed: \_\_\_\_\_

**SIGNATURE OF PARENT OR GUARDIAN REQUIRED BELOW FOR ALL MINOR MEMBERS**

As the parent or guardian of the minor Member named above, I hereby make and enter into each and every agreement, representation, waiver and release described above on behalf of myself, the Member, and any other parent or guardian of the Member, intending that they be binding on me, the Member, and our respective heirs, executors, administrators and assigns, I intend to give up my right, the Member's rights, and the rights of any other parent or guardian to maintain any claim or suit against USBA arising out of the Member's participation in any Activities involving USBA in any way. I believe and represent that I HAVE LEGAL AUTHORITY TO MAKE THESE AGREEMENTS, REPRESENTATIONS, WAIVERS AND RELEASES, AND I AGREE TO DEFEND AND INDEMNIFY USBA from and against any and all liability arising out of any lack of authority on my part to legally bind the Member, or any unenforceability for any reason the above agreements, representations, waivers and releases made by or on behalf of the Member.

Parent or Guardian Signature: \_\_\_\_\_ Date Signed: \_\_\_\_\_  
Print Parent or Guardian Name: \_\_\_\_\_

**Casper Mountain Biathlon Club**  
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