



Nordic Regional Camp

Casper, Wyoming

Dates: June 22-28, 2020

Age (please check):

- U12 - U14
- Junior/Youth/15 - 21

Camp Fee: \$450, includes race registrations and camp activities.

Payable to: Casper Mountain Biathlon Club

Email application to: CasperBiathlon@gmail.com

Mail payment and application to: CMBC 1110 East End Road Casper WY 82601 or a credit card payment can be taken via square with an additional \$10 credit card fee. Please mark preferred payment type:

- Check
- Credit Card

A separate registration link with comp codes will be sent for the races that will be part of the camp.

Name:		
Date of birth:	Age:	Phone:
Current address:		
City:	State:	ZIP Code:
Email:		
Biathlon Club/Ski Club/School:		
Coach Name:		T Shirt Size:
Male/Female:	Height:	Weight:
Allergies:		Health Conditions:
Access to Roller Skis Y/N?		Roller Ski Exp?
EMERGENCY CONTACT		
Name Parent/Guardian:		
Address:		Phone:
City:	State:	ZIP Code:
Relationship:		
NORDIC EXPERIENCE		
Nordic Goals		
Nordic Experience month/years?	Best Result:	
Other sports:		Ski Exp month/years?
Training Log Hours last year:		

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:

Nordic Regional Camp
June 22-27
June 28 Bonus day!
Casper, Wyoming

Casper Mountain Biathlon Club is hosting a summer training nordic camp for athletes 12-21 years old. Groups will be divided based on age and ability level, and training for each day will depend on what group the participant is in. The camp will include running, rollerskiing, yoga, strength, and bounding. U12-U14 groups should expect a fun week designed to get stoked about ski training. U16-U20 groups will be doing a high volume, high intensity week designed to kickstart summer training (there will also be some fun included)! Camp will be led by coaches Katherine Gruner, Mason Vincent, and Dan Lewis along with group leaders from all over the region! All are young and experienced racers who want to show the younger generation how fun and rewarding ski racing and training can be.

Lodging and meals will be separate from the camp, athletes are encouraged to work within their price range and find the best housing options available to them.

- Ramkota Hotel is offering a special Nordic camp deal, \$70/night/ 2 beds and an optional \$30/day meal plan (includes breakfast, lunch and dinner) Promo code coming soon!
- Camping options are numerous! Tower Hill and Beartrap camping are on Casper Mountain, please reach out for more info and other options.
- Cabin Rental through the Lions Camp on Casper Mountain may also be an option (more details coming soon!)

Travel will be the participants' responsibility. If you are flying into Casper we will arrange for a pickup. If you are looking for a ride to camp and are in Wyoming please reach out to us.

*Included in camp fee is a high-vis T-shirt, CMBC mask, and registration to the 2 races on Friday and Saturday.

What to bring

- Rollerski equipment (rollerskis, poles, boots, helmet, high vis shirt, summer gloves)
- Running shoes
- Water pack
- Yoga mat/ towel
- Sunglasses
- Sunscreen
- Hat
- Athletic clothing for all weather (it could be raining, 100* or 50*, please pack something for all)
- Bounding poles (rollerski poles can double if needed, but classic length poles work best)

If you do not have something listed here, please reach out to us

Schedule

Monday, June 22

3:00pm-5:00p (start time will vary depending on group) meet at Rotary Park to run/hike the Bridle Trail

7:00pm meet for evening activity (TBD place)

Tuesday, June 23

8:00am-10:00am U16-U20 Strength and agility at Mike Cedar park

10:00am- 12:00pm U12-U14 Strength and agility at Mike Cedar park

3:00pm- 5:00pm Rollerski (location will vary depending on group)

7:00pm Training chat (TBD place)

Wednesday, June 24

We will leave Casper at 8:00am and car pool to Alcova Lake (~40min) for an over distance run/bound/moose hoof with poles, followed by lunch (pack your own) and fun time at the beach! Leaving around 3PM

7:00pm meet for evening activity (TBD place)

Thursday, June 25

8:30am- 11:00am Canadian strength test followed by short (3k) uphill time trial

6:00pm-7:00pm Yoga and recovery

7:00pm training chat

Friday, June 26

8:00am uphill rollerski race up Casper Mountain (7k for U16 and older, 1.5k for U14 and younger)

6:00pm- 7:00pm Yoga and recovery on Casper Mountain

7:00pm Bonfire and s'mores!

Saturday, June 27

8:00am- 11:00am Rollerski sprints (U16 and older) and agility race (U14 and younger)

Sunday, June 28 - Stay another day and Jump in a Novice Biathlon Race for fun! Free for all Camp Attendees! (optional)

Please fill out the application attached below and send to kkgruner@gmail.com