

Tech Camp 2010

Timberline June 25-July 1st

When: June 25-July 1

Where: Timberline

Why: To reinforce the fundamentals from the season and provide summer training opportunities for the J3, J4, and J5 athletes. Emphasis is on fundamental skill development in both GS and SL through modern coaching and skiing techniques.

Who: J5s and older

Staff: Karen McCadam, Seth McCadam, Dan Stelma, Stephen Tobler, and others to be selected as signups require

How Much: \$850*

* Cost includes 6 days on snow (3 days GS, 3 days SL), RT Transportation from Hood River each day, afternoon activities, video analysis, breakfast each morning, and a cool camp zip Hoody.

Details: This year's technical camp will be held June 25 – July 1 at Timberline, with 6 days on snow, starting with 3 days of GS, one rest day, followed by 3 days of SL.

Our focus will be on fundamental development of GS and SL through precise repetition of movement patterns needed for success in racing. Video analysis during camp will also help athletes to improve and visually understand the coach's feedback. There will be afternoon activities consisting of field games, hiking, swimming and more.

Reserve your spot soon as space is limited. Please send a non refundable deposit of \$400 with Sign up form and both release forms to CSRT, or you can pay on line through the CSRT web site. Please note that a 3% charge will be added to all paypal transactions. Please make checks payable to CSRT and send to CSRT P.O. box 1246, Hood River Or 97031. Deposits due ASAP to secure your spot and final payment due June 15th.

Please do not hesitate to ask any questions. You can call Karen 541-490-0654 or email at kcmccadam@gorge.net

RELEASE OF LIABILITY AND INDEMNITY AGREEMENT FOR COOPER SPUR RACE TEAM

I understand that skiing and ski racing can be hazardous. In consideration of my child being allowed to participate with the Cooper Spur Race Team or in any activity sponsored or endorsed by the Cooper Spur Race Team including, but not limited to Summer Speed Camp, and Tech Camp, I do hereby release the Cooper Spur Race Team, its officers, directors, employees, agents, volunteers, successors and assigns from any and all claims and liabilities (including those based upon negligence) arising out of or in connection with my child's participation with the Cooper Spur Race Team, or their programs and my child's use of any equipment, facilities, or services provided by, or used in conjunction with, the Cooper Spur Race Team.

Because the participant is **UNDER AGE 18**, the undersigned parents or guardians do hereby agree to indemnify and hold harmless the Cooper Spur Race Team, its officers, directors, employees, agents, volunteers, successors and assigns from any and all claims and liabilities (including those based upon negligence) arising out of in connection with participation with the Cooper Spur Race Team, programs by the minor child named below and the participant's use of any equipment, facilities, or services provided by, or used in conjunction with, the Cooper Spur Race Team.

In the event of any claims or litigation arising out of in connection with participation by the child in any activity of the Cooper Spur Race Team, the venue for any legal proceeding shall be Hood River County, Oregon. This release and Indemnity Agreement includes claims based upon negligence, but it does not extend to claims where a release may be prohibited by law. If any part of this agreement is declared to be unenforceable, then the remaining terms shall continue to be valid. This indemnity shall include all costs and attorney's fees. I have carefully read this agreement and fully understand its contents.

Date: _____ 20_____

Participant's Name: _____ Age: _____

Name of Parent/Guardian: _____

Address: _____

Name of Parent/Guardian: _____

Address: _____

Parent/Guardian Signature: _____

TECH CAMP 2010

What to bring:

JUNE 25-27: GS SKIS

JUNE 29-JULY 1: SL SKIS

Ski boots that fit!

Note: some demo equipment will be available but please do not count on it for all 6 days

Helmet, mouth guard, speed suit, protective gear for SL.

Backpack, with waterbottle, Gatorade or other preferred sports drink , high SPF sunscreen, extra layers, snacks, and lunch each day to bring up on the hill.

Full array of ski clothing to include warm items as it can be very cold in June

Work out shoes and clothing.

Swim suit and beach towel for the swim days.

Money for treats/milkshakes and anything you may want to purchase while in Govy.