

## Athletic Conditioning for Nordic skiers Fall 2016

- Who** - All ages and levels of skiers who are interested in improving ski fitness  
**When** - Eight Wednesdays from 6-7 pm starting September 28 through November 16, 2016  
**Where** - St. Paul College Fitness Lab, Room L270, 235 Marshall (Kellogg & 94), St. Paul, MN  
**Cost** - \$115 for eight sessions.

Master Trainer Jill Winegar will lead the class, which will combine elements of power, plyometrics, core and cardio conditioning to improve your skiing performance. Kettlebell, TRX and Pilates will be incorporated into class formats. Instruction will emphasize correct biomechanics and training technique.

Program will be cancelled if fewer than eight athletes register.

Finn Sisu  
 2436 Larpenteur Ave. W.  
 Lauderdale, MN 55113  
 PH: 651-645-2443 / F: 651-645-5617

***The attached waiver must also be signed before participation.***

Name		
Address		
City	State	Zip
E-Mail		
Phone		

Emergency Contact	
Name	Relationship
Phone	

***Payment of \$85 payable by cash, check, or credit card (checks payable to Finn Sisu)***

Credit Card \_\_\_\_\_ Exp \_\_\_\_ / \_\_\_\_ CVV \_\_\_\_\_  
 Billing Zip \_\_\_\_\_

waiver \_\_\_\_\_ † payment received † \_\_\_\_\_ check# \_\_\_\_\_ recorded † \_\_\_\_\_

## **Finn Sisu Athletic Conditioning for Nordic skiers**

### **ASSUMPTION OF RISK AND RELEASE OF LIABILITY – READ CAREFULLY BEFORE SIGNING**

I understand that Nordic skiing, roller skiing, running and other Nordic ski training activities in their various forms (herein collectively referred to as “Activities”) are activities that alone or in combination involve many RISKS, DANGERS and HAZARDS. These risks, dangers and hazards include, but are not limited to, extreme weather conditions, collisions with people or natural or man-made structures and equipment failure. I understand that INJURIES OF ALL TYPES and DAMAGE TO PERSONAL PROPERTY ARE A COMMON AND ORDINARY OCCURRENCE of these Activities. I also know that the risk of SEVERE INJURY and even DEATH exists when I participate in these Activities. Personal training, coaching, instruction, supervision and enforcement of rules by Finn Sisu, their affiliates, officers, directors, volunteers, employees, coaches, contractors and representatives, competition organizers and sponsors and facility operators (hereinafter the term "Finn Sisu" shall be used to refer to all such persons and entities collectively) do not and cannot guarantee my safety.

I also understand that participation in these Activities involves physical exercise and that I should and am herein advised to consult with a physician before beginning or continuing with this or any other physical exercise program.

With full knowledge and understanding of the RISK OF SEVERE INJURY AND DEATH involved in Nordic ski training and competition, I FREELY AND VOLUNTARILY ACCEPT AND FULLY ASSUME THE RISK THAT I MAY SUFFER TEMPORARY, PERMANENT OR EVEN FATAL INJURIES AND DAMAGE TO PERSONAL PROPERTY, even if I follow the instructions or advice of Finn Sisu.

In partial consideration of Finn Sisu's acceptance of my registration to participate in activities with and for Finn Sisu, and in spite of the risk of severe or permanent injury or even death and damage to personal property, the undersigned (hereinafter "Athlete") agrees to comply with and be bound by the following terms at all times while affiliated with Finn Sisu, whether training or in competition.

1. Athlete hereby unconditionally WAIVES AND RELEASES ANY AND ALL CLAIMS AND AGREES TO HOLD HARMLESS, DEFEND AND INDEMNIFY Finn Sisu and any and all of its sponsors FROM ANY CLAIMS, present or future, to Athlete 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 Athlete's participation in any activities in which Finn Sisu is involved in any way, due to any cause whatsoever, INCLUDING NEGLIGENCE or otherwise, and/or breach of express or implied warranty on the part of Finn Sisu.
2. Athlete hereby RELIEVES FINN SISU OF ANY DUTY TO PROTECT ATHLETE FROM HARM in connection with any Activities in which Finn Sisu is involved in any way.
3. Athlete authorizes Finn Sisu to obtain medical care for or transport him/her to a medical facility or hospital if, in the opinion of Finn Sisu, medical attention is required and Athlete is unable to make such decisions for himself/herself. Athlete agrees to pay all costs associated with such medical care and related transportation and shall DEFEND, INDEMNIFY AND HOLD HARMLESS Finn Sisu of and from the consequences of such decision and from any such costs incurred relating to the provision of medical care.
4. This Agreement shall be construed in accordance with, and governed by the substantive laws of, the State of Minnesota, without reference to principles governing choice or conflicts of laws. In addition, Athlete agrees that all lawsuits for personal injury or related loss against Finn Sisu must be maintained in state courts sitting in Ramsey County, Minnesota or federal district courts sitting in the District of Minnesota, and Athlete 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.
5. Athlete acknowledges and agrees that the provisions of this Agreement are clear and understandable to him/her and that he/she fully appreciates and understands the meaning of the terms of this Agreement and their effect.  
HAVING CAREFULLY READ THE FOREGOING AND UNDERSTANDING IT TO BE A LEGALLY BINDING RELEASE AND INDEMNITY AGREEMENT, ATHLETE SIGNIFIES HIS/HER ASSENT TO THE ABOVE TERMS BY SIGNING BELOW:

Athlete's Name (Print) \_\_\_\_\_

Athlete's Signature \_\_\_\_\_

Date \_\_\_\_\_