



GVBKYS - RXCSF Youth Skiing Recreational & Sport Programs - Registration Form

Recreational Pgm Groups:

BOBCATS (1): For children ages 5-8 new to skiing and interested in the basics of XC. Saturday morning sessions (Dec thru Feb) include instruction, game play & exploring local trails with an emphasis on **FUN**. Parents are encouraged to accompany the skiers and learn with them. No-wax ski equipment required.

SNOW MONKEYS (2): For children ages 7-12 who are interested in the basics of XC Skiing and FUN. Saturday sessions (Dec thru Feb) designed for slightly older children who can ski, play & explore without parents always present. No-wax or combi equipment required.

Sport/Racing Pgm Groups:

SNO LEOPARDS (3): For skiers 6-13 who are ready to combine on-ski fun with a development curriculum. Activities include warm-up games, instruction, touring, fun races, orienteering, biathlon & terrain park explorations using classic & skate techniques (skate & classic equipment plus Bristol Summit Season Pass required). Children will track skiing kilometers and skills progression. Meets weekly (Nov thru Mar) on Saturdays, optional Thursdays / travel events / extras.

CHEETAHS (4): Training group for experienced J5-J3+ racers. Activities include pre-ski theme discussion, warm up games, and direct instruction to develop speed & efficient technique in classic & skate styles (skate & classic equipment plus Bristol Summit Season Pass required). Prepares skiers for max skiing enjoyment & racing including travel to regional competitions. Skiers will set improvement goals & track skills progress & K's. Meets Saturdays, Thursdays & events / extras (Nov-Mar).

Registration Fee Includes:

- Professional coaching and instruction (8:1)
- GVBKYS Hat (Hat & Vest for Sport Groups)
- Hot Cocoa and après ski Snacks
- RXCSF Youth Ski Festival Registration
- Holiday Ski Camp Registration (Sport Groups)

The Mission of RXCSF is to:

- ✚ Provide a structure to assure the development of cross country ski sport for all ages & abilities.
- ✚ Improve access to high quality cross country skiing trails & facilities.
- ✚ Promote public awareness of & encourage participation in XC Skiing.
- ✚ Serve as the coordinating organization for XC skiing in the Greater Rochester NY region.

<http://xcrochester.com/new/GVBKYS/GVBKYS.htm>

Parent/Guardian: _____ email: _____

Add'l Parent/Guardian: _____ email: _____

Address: _____

City/State/Zip: _____ Phone: _____

Participant Names, Year of Birth, NYSSRA/NENSA # (optional; add \$5 per skier if not a member) and circle Skier Program (please contact Coach Bob at bobski50k@aol.com for placement recommendations):

Name: _____ YOB: _____ NYSSRA/NENSA # _____ Rec or Sport/Race Vest size: _____

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Special Interests: _____

Illnesses, Allergies or Injuries: _____

Emergency Contact Info: _____

Volunteer Opportunities – Please indicate your potential interests:

Leadership Instruction Travel Events Youth Ski Festival
 Photography Wax Team Ski-Orienteering Biathlon

Recreational Groups \$35/child (add each \$5 non-NYSSRA/NENSA):	
Sport/Racing Groups \$125/child (add each \$5 non-NYSSRA/NENSA):	
Supporting Youth Skiing Donation (Optional; tax deductible):	
RXCSF Trails Family Donation \$50 (Optional; tax deductible):	
Total:	

Checks payable to "RXCSF Youth Skiing". Bring completed form to the RXCSF Youth Skiing Parent Mtg or mail to "Youth Skiing" c/o RXCSF, P.O. Box 482, Mendon, NY 14506

Waive and Release of Liability: In consideration for the rights and privileges associated with entry and participation in the above Nordic ski activities, I acknowledge and agree to be bound by the following:

1. Identification of Risks. I understand that participation in any skiing activity, including but not limited to, preparation for, participation in, and coaching of activities in cross country ski competition and clinics, involve risk of serious injury, including permanent disability, death and other losses, due to inactions or negligence of myself or others.
2. Assumption of the Risks. I agree that I am responsible for my and my children's safety while participating in activities associated with the Rochester XC Ski Foundation (RXCSF) and that such responsibility includes participation only; a) when we are both physically and psychologically prepared to participate safely, b) after fully familiarizing myself with the venue before beginning the activity, and c) while using the equipment of the type and condition reasonably necessary to safely participate. I assume all risks connected with responsibility for any injury or loss connected with my and my children's participation.
3. Waiver. Aware of the risks and willing to assume them, I hereby waive, release and agree to hold harmless the Rochester XC Ski Foundation (RXCSF), it's affiliates including NYSSRA and/or NENSA, subsidiaries, officers, directors, employees, agents, coaches, trainers, doctors, officials, event organizers or sponsors (released parties) from any and all claims by me for any liability, injury, loss or damage in any way connected with my and/or my children's participation in activities associated with RXCSF, except where caused by the gross negligence or willful or wanton misconduct of any of the released parties. I intend for this waiver and release to also apply to any relatives, personal representatives, heirs, beneficiaries, next of kin or assigns who may pursue any legal action or claim on my behalf.
4. Insurance. I currently have, and agree to maintain throughout the time that I or my children train and compete, valid and sufficient medical and accident insurance. I understand that this is my sole responsibility and release all persons and entities from providing this coverage for me.

Signed: _____ Date: _____

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