
Adult Skate Ski Clinic II

Sponsored by
Snoqualmie Nordic Ski Club (SNC)

Registration Information

What's it all about?

This is a one-day clinic aimed at ***intermediate level*** skiers who want to learn advanced ***Nordic skate skiing*** techniques on flats using the V2 & V2-alternate. We will conduct video-analysis of your technique at this clinic.

For whom?

This clinic is designed for Snoqualmie Nordic Ski Club members, families and other interested adults who would like to improve their V2 & V2-alternate skating technique.

People who are not current members of the Snoqualmie Nordic Ski Club are encouraged to join for the nominal fee of \$20 (individual) or \$40 (family) per year. NOTE: *If you are a Snoqualmie Nordic Club member, you will get \$15 off your registration fee. See here for all info on joining SNC: <https://www.snoqualmienordic.org/membership-benefits>.*

When & Where?

Instruction will take place at the ***Hyak Sno Park*** located off of I-90, approximately one hour's drive east of Seattle from ***10:00a.m.-12:30 p.m.***

DIRECTIONS: [Take Exit 54 off of I-90, go right and at first stop sign, go left. Continue straight until you see a sign to the right for Hyak/Ironhorse trail. Go right, and continue until you come to parking lot. We will meet in front of the Hyak Residence, which is located on the northeast most side of the parking lot. Look for signs and indication of the Snoqualmie Nordic Club.]

[Important Note: You will need a SNO PARK pass (with the additional sticker for groomed trails). This should be purchased from REI or the Forest Service in advance. Also, usually there are rangers available at the booth when you enter the parking lot. This pass covers trail fees for all people riding in your car. No additional trail pass is needed, although you may be ticketed if your car does not display the SNO PARK pass.]

Lessons will take place on ski trails directly across I-90 from the parking area. Please meet at the trailhead with equipment in hand.

How much does it cost?

The cost is ***\$70 per person***, for non-Snoqualmie Nordic Club members, ***\$55 per person*** for members. NOTE: This DOES NOT include skis, boots and poles (see below for more details). ***All proceeds will go to raise funds for the Snoqualmie Nordic Club.***

What do I do about equipment?

Please rent equipment in advance. You can rent gear from Ascent Outdoors in Seattle (10% discount for SNC members!), Gearhouse on Capitol Hill or REI. When requesting equipment, make sure you ask for Nordic SKATE gear appropriate to your height and weight (as opposed to CLASSIC gear). Most rental shop staff are knowledgeable about how to size the gear according to your height and weight. However, if you have questions in advance about equipment, please contact snoqnord@gmail.com.

What is being taught?

This is an advanced clinic with the following goals:

1. Review the V1 technique on flats.
2. Introduce V2 & V2-alternate.
3. Discuss transitions from V1 to V2, V2-alternate.
4. Video-tape and analyze one-on-one.

What is the class size?

We will try to accommodate as many people as possible, but maximum capacity is 15. Feel free to invite your friends!

How much does it cost?

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How do I register?

Please fill out the attached registration form (including the survey) on Zeffy at <https://www.zeffy.com/en-US/ticketing/snc-adult-intadvanced-clinics-at-hyak-sno-park-copy>

(NOTE: If you are becoming a new member, please fill out the membership form online located here: <https://www.snoqualmienordic.org/membership-benefits>).

If you have any additional questions, please contact Marla Husnik
via e-mail: snoqnord@gmail.com or at: 206-484-4628

Waiver and Release of Liability

In consideration for the rights and privileges associated with “participation in a Snoqualmie Nordic Club event,” 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, coaching and related activities in Alpine, Nordic, freestyle and snowboarding competitions, clinics, programs or other Club-related activity (“the Activity”), involves risks of serious injury, including permanent disability, death, and other losses, both to me and my property. I understand that these injuries and losses might result not only from my actions, but the actions, inaction’s, or negligence of others.
2. **Assumption of Risk.** I agree that I am responsible for my safety while participating in the Activity and that such responsibility includes participation in the Activity only: 1) when I am 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 a type and condition reasonably necessary to safely participate in the Activity. I assume all risks connected with responsibility for any injury or loss connected with my participation in the Activity.
3. **Waiver.** Aware of the risks and willing to assume them, I hereby waive, release and hold harmless The Snoqualmie Nordic Club, its affiliates, subsidiaries, officers, directors, members, employees, agents, coaches, trainers, event organizers, volunteers or sponsors (“Released Parties”) from all claims by me for any liability, injury, loss or damage in any way connected with my participation in the Activity, except where caused by gross negligence 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 might pursue any legal action or claim on my behalf.
4. **Applicable Law.** This waiver and release is formed under and is to be interpreted consistent with the laws of the State of Washington.
5. **Insurance.** I currently have, and agree to maintain throughout the time that I participate in the Activity, 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.

I HAVE READ THIS WAIVER AND RELEASE CAREFULLY AND HAVING DONE SO, I
AM SIGNING IT VOLUNTARILY.

Signature _____

Printed Name _____

Date _____

FOR PARTICIPANTS OF MINORITY AGE

If athlete is less than 18 years of age, the parent or legal guardian must also sign below.

This is to certify that, as a parent/guardian of this participant, I do consent to his/her agreement to be bound by each of the terms and conditions.

Parent of Guardian Signature _____

Parent of Guardian Printed Name _____

Date _____ Relationship _____