

Andover Nordic Skiing Summer Training 2020

Training Dates:

Monday, June 15th thru Friday, August 7th

No contact Days: July 3rd – July 5th

Practice days and Locations:

M, Tu, Th: Lifetime parking lot in Champlin. Time: 6:30 PM – 8:30 PM*

W, F: Bunker Hills Activity Center. Time: 11:00 AM – 12:30 PM

*Exceptions: Time Trials will be held Th 6/25 and Th 8/6.

Cost:

\$150 includes roller skis for those who do not have their own pair

** Be sure to let Coach Drew Clark know which type of binding system you use if you are renting roller skis.*

What you need:

- Ski boots
- Roller skis (The team will provide rental skis to those who do not have them, until supplies run out, for no additional cost)
- Ski poles with roller ferrules (the team has a limited number of poles that will be distributed on a first come first serve basis)
- Helmet (No athlete will be allowed to roller ski without a helmet)
- Water bottle with belt so you can have it while you ski

Questions: email Coach Drew Clark at d33clark@gmail.com

**Please let Coach Drew Clark know by email that you will be attending before your first day of practice*

The enrolled participant does for themselves, heirs, executives, and administrators waive and release any and all rights and claims for damages we may have against the Anoka-Hennepin ISD#11, or other district sites for any and all injuries suffered by me or my child while participating on and/or arising from the use of any facilities of the above-mentioned school district. By the signature below, we also recognize the contagious nature of COVID-19 and voluntarily assume any risk to which we may be exposed to from said enrollment.

Name: _____ Grade: _____ Telephone #: _____

Parent Name: _____ Email: _____

Parent Telephone #: _____

Parent Signature: _____ Date: _____