

Holy Hill Race Team

2009-2010

Welcome to the HH Race Team! The application package contains these items:

- Programs available and explanation of each
- Fee structure, race schedules and training schedules
- Application and waiver form.

One application form and one **signed** waiver form must be submitted for **each** racer. **Due date:** on or before **November 15** to avoid \$35 late fee.

Holy Hill participates in two programs: Wisconsin Junior Racing (**WJR**) and United States Ski Assoc. (**USSA**).

WJR is a local club race program which includes six races around Milwaukee. HH provides supervised training and race day supervision at each event. WJR is a volunteer organization made up of members from each race team. They provide equipment and race format. Parents will be required to participate working at least one event per racer during the season. Races usually start around 9 a.m. and finish near 2 p.m. Racers must purchase a lift ticket at these events. HH hosts one race this season (**January 16, 2010**). All racer families are expected to participate as needed on HH Race Day.

USSA program is available for racers wishing to pursue competition on a national level. Holy Hill is part of Region 2 in the Central Division. HH provides supervised training and race day supervision at each event. USSA races run multiple days. Individual traveling expenses, licensing and race entry fees are not covered in the HH application fee. Special training camps or events, such as junior Olympics are not included; additional fees will apply. You must be a member of USSA and also register with USSA Region 2. If you are considering USSA racing, please contact Bob Larsen at 773-447-4894 or blars53@hotmail.com

Team expectations

Age and ability – athletes must be at least 5 years of age and must be able to board and ride the chair lift on their own, as well as ski down the hill in a controlled, safe manner on their own. Parents are expected to assist younger racers if requested.

Equipment – Ski helmets are **mandatory** at all practices and races without exception and secured tightly under the chin. Well fitting mouth guards are strongly encouraged. Skis, poles, boots, helmets, etc. are the responsibility of the athletes and should be kept in proper condition. Name badges must be worn at all practices.

Attendance – Attendance at practices and/or races is encouraged but not mandatory. We do ask that you inform your coach in advance if you will be missing a practice or especially a race.

Parental presence — In accordance with Holy Hill policy parents to required be present at practices for all racers under the age of 15. Parents are also expected to volunteer at races as needed.

Communications

Please check the following websites regularly:

Holy Hill Race Team: www.hhskiclub.com

WJR: www.wjracing.org

USSA Central Division Region II: www.ussacentral.org

Snow Report Hotline: 262-628-1939 for up-to-date information on practices and races.

Email is a primary communication channel for the team, so please be sure to check yours regularly and let us know if you change your email address.

Choosing the right program for your racer

Class 5-6 Ages 6 to 10

New Skiers: Youngsters in this age range are learning how to ski properly and may not yet be interested in racing. As a coaching staff we believe that strong racers come from strong skiers and in turn we address all of the basic fundamentals of skiing before a child becomes a ski racer. Our coaches provide a **fun** atmosphere as your children develop skiing techniques while participating in training drills and mock races. Course skiing is part of the program, but not the focus. They have the option to race at anytime throughout the season as they develop their interest and skills. Questions? Contact Jane Segerdahl at 414-964-8970 janeseeger@aol.com or wjrcing.org.

Training Schedule:

- Sunday Afternoons **12:30 p.m. – 2:30 p.m.**
- Tuesday Nights **6:00 p.m. – 8:00 p.m.** (check with 5 – 6 coaches)
- Wednesday Nights **6:00 p.m. – 8:00 p.m.** (check with 5 – 6 coaches)

Class 1-4 Ages 11 to 18

While still focusing on proper, fundamental skiing techniques, we focus on racing techniques and Slalom and Giant Slalom tactics. Progression is achieved through drills and running training courses. Class 1-4 racers are encouraged to race in the WJR league, but for those who wish to aspire to the next level of the sport are able to compete in the Central Division of the United States Ski Association (USSA). The HH race team is pleased to offer both options to our developing junior racers. With further questions regarding WJR, contact John Krinke at 262-993-2225 jkrinke13@yahoo.com or wjrcing.org. With questions concerning USSA racing contact Bob Larsen at 773-447-4894 blars53@hotmail.com or see ussacentral.org

Training Schedule:

- Sunday Afternoons **2:30 p.m. – 4:00 p.m.**
- Tuesday Nights **6:00 p.m. – 8:00 p.m.**
- Wednesday Nights **6:00 p.m. – 8:00 p.m.**
- Thursday Nights **6:00 p.m. – 8:00 p.m.** (optional dates only – dates to be announced)

It is important for all racers to arrive at the hill early to start practice on time!

Age Class Identification (Age as of 12/31/2009)

<u>Class 6</u> age 8 & under	<u>Class 3</u> 13 & 14
<u>Class 5</u> age 9 & 10	<u>Class 2</u> 15 & 16
<u>Class 4</u> 11 & 12	<u>Class 1</u> 17 & 18

WJR Race Schedule website: wjrcing.org

Jan 2	Ausblick
Jan 9	Sunburst
Jan 16	Holy Hill
Jan 23	Alpine Valley
Jan 30	Sunburst (evening)
Feb 6	Devils Head

USSA Schedule website: ussacentral.org

Dec 5-6	Brule
Dec 12-13	Norway
Jan 2-3	Mt Ripley
Jan 9-10	LaCrosse
Jan 23-24	Marquette
Feb 6-7	Indianhead

February 18-20:	J3 & J4 USSA Qualifiers
March 2-9:	J2 Nationals Sugar Loaf
March 6-7:	WJR/WIJARA Spring Fling @ LaCrosse (open to all)
March 6-7:	Brule class 4/5/6 Finale
March 3-10:	USSA J3 Rocky/Central Junior Olympics, Vail, CO
March 16-20:	USSA J4 Rocky/Central Junior Olympics, Winter Park, CO

**RELEASE OF LIABILITY, AGREEMENT NOT TO SUE,
HOLD HARMLESS AND INDEMNIFICATION AGREEMENT**

“Participant” means undersigned, being at least 18 years old, or a minor and his/her undersigned parent or legal guardian, signing on behalf of him/herself and the minor.

In consideration of Participant’s participation in the HEILIGER HUEGEL JUNIOR RACING PROGRAM provided by HEILIGER HUEGEL SKI CLUB (“CLUB”), the receipt and sufficiency of which is expressly acknowledged, Participant understands, warrants and agrees as follows:

- Alpine, Nordic and freestyle skiing are inherently dangerous action sports, carrying with them the significant risk of serious personal injury, death and property damage, which risks are substantially increased by practicing for and actually participating in competitive ski racing which is, at least in part, designed to test the limits of each Participant’s speed, skill and control.
- The elements of nature, mechanical and environmental conditions and risks and other similar factors, which are beyond the control of the CLUB, may, independently or in combination with the Participant’s CLUB related activities, cause property damage or severe or even fatal injuries to the Participant or others.
- The CLUB, Wisconsin Junior Racing and its member organizations (“WJR”), Bob Larsen, Larsen Alpine Racing and its Agents, John Krinke, Krinke Ski Racing, LLC and its Agents, the United States Ski Association, The United States Ski Coaches Association, the National Ski Patrol, and the ski area at which any event is held, (collectively, the “Ski Organizations”), cannot control or supervise the activities of other skiers, other participants or spectators in all circumstances and, as a consequence, Participant may be at risk of serious personal injury, death and property damage from these individuals notwithstanding the reasonable efforts of the CLUB, WJR and/or the Ski Organizations.
- Participant understands that as a condition to his/her participation in the CLUB, Participant shall, at all times, be required to exercise reasonable care for his/her own safety and the safety of others, and shall abide by and conduct him/herself in a manner consistent with the rules and regulations of the CLUB, WJR and the applicable Ski Organizations. If Participant has any questions about these rules and regulations, or is in any way uncertain about the intent or meaning of this Release of Liability, Agreement Not to Sue, Hold Harmless and Indemnification Agreement, Participant will contact the CLUB prior to signing this document.
- Participant shall be solely responsible for procuring and wearing the appropriate safety equipment, including (without limitation) head, eye and other protective gear, before and during any practice, race or other activity associated with any CLUB or WJR event.

Accordingly, Participant, for him/her self, spouse, heirs, assigns, related individuals and related entities, does hereby release, waive, absolve, discharge and agree to hold harmless the CLUB, WJR and the Ski Organizations, including their representatives, volunteers, officers, directors, employees, officials, coaches, promoters, members, agents, affiliates, insurers and attorneys (collectively, the “Released Parties”), from and against any and all rights, claims, demands, causes of action, obligations, suits, liens, damages or liabilities of any kind and character whatsoever, whether known or unknown, suspected or claimed, which Participant shall or may have in the future against the Released Parties arising out of, based on, related to or connected with Participant’s participation in the CLUB and CLUB related activities. Participant also agrees to indemnify and hold the Released Parties harmless from the payment of any and all judgments, settlements, costs, disbursements and attorney fees that are associated with the Released Parties having to defend or investigate any claim, action or proceeding of any type whatsoever arising out of Participant’s participation in the CLUB including, but not limited to, claims for breach of contract, negligence (whether caused by the sole negligence of the Released Parties, the concurrent negligence of the Released Parties with Participant or any other person, or otherwise), strict liability, or otherwise. This indemnification obligation and this Release of Liability, Agreement Not To Sue, Hold Harmless and Indemnification Agreement does not, however, absolve the Released Parties from any liability, damages, costs, disbursements and attorney fees incurred due to their intentional or reckless conduct.

Participant understands that if any fact with respect to which this Release of Liability, Agreement Not To Sue, Hold Harmless and Indemnification Agreement is executed is later found to be other than or different from the fact in that connection now believed by Participant to be true, Participant expressly accepts and assumes the risk of such possible difference in fact and agrees that this Release of Liability, Agreement Not To Sue, Hold Harmless and Indemnification Agreement shall be and remain effective notwithstanding such difference in facts.

Participant covenants and agrees to forever refrain from instituting, prosecuting, maintaining, proceeding on, assisting with or advising to be commenced a suit which arises out of, or may be, in whole or in part, based upon, related to or connected with the released matters herein or any part of them. Participant further covenants and agrees that in the event that Participant is injured during a CLUB related activity, Participant consents to treatment of any injury by an athletic trainer or other professional, subject to the provisions of this Release of Liability, Agreement Not To Sue, Hold Harmless and Indemnification Agreement. Participant authorizes the CLUB, at its discretion, to arrange for transport to a hospital or other medical facility for further medical attention. Participant understands and agrees that the CLUB is not responsible for transporting Participant to a hospital or medical facility that participates in his/her insurance/managed care plan, and Participant represents and warrants that s/he has sufficient medical and accident insurance that will be maintained throughout the entire period of Participant's participation in the CLUB and CLUB related activities, to cover all costs of medical care and treatment required as a result of any injury or accident.

Participant acknowledges that this Release of Liability, Agreement Not to Sue, Hold Harmless and Indemnification Agreement is executed in exchange for the opportunity to participate in the CLUB and the CLUB related activities. This Release of Liability, Agreement Not to Sue, Hold Harmless and Indemnification Agreement shall remain in force until written revocation thereof is delivered to the CLUB; however, Participant recognizes that such revocation will result in Participant being prohibited from further participation in the CLUB and the CLUB related activities.

PARTICIPANT HAS READ THIS RELEASE OF LIABILITY, AGREEMENT NOT TO SUE, HOLD HARMLESS AND INDEMNIFICATION AGREEMENT IN ITS ENTIRETY, UNDERSTANDS IT, VOLUNTARILY AGREES TO IT, AND FURTHER UNDERSTANDS THAT PARTICIPANT HAS GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT. THE PERSON(S) SIGNING THIS DOCUMENT HAS THE FULL AUTHORITY AND CAPACITY TO DO SO.

Dated this _____ day of _____, 200____.

Participant _____ (Sign) _____ (Print name)

PARENT: _____ (Sign) _____ (Print name)

PARENT: _____ (Sign) _____ (Print name)

MEDICAL RELEASE

Name: _____

Medical Insurance Policy #: _____

Allergies: _____

Medical/ Physical Problems (please explain): _____

Consent: I, parent/guardian of participant, hereby grant permission, in case of injury, to have physician or other medical personnel, provide medical assistance and or treatment to said participant.

Date: _____

Signature – parent/guardian