

Nashoba Valley ROVERS

Training and Weekend Racing

2011-2012



Mon
&
Wed

6:30
-
8:30 pm

+
Weekend
Races!!!

Class	Age	Coaching Fee
J-5	10 & Under	\$425
J-4	11 & 12 yrs	\$525
J-3	13 & 14 yrs	\$525
J-2	15 & 16 yrs	\$650
J-1	17 & 18 yrs	\$650

CIRCLE / UNDERLINE YOUR CLASS

- MORE GATE TRAINING!!**
- Mid-week on snow training
 - Perfect your racing tactics, timing & Line
 - Set and assess goals with a coach
 - Reinforce skiing fundamentals

Racer Name: _____

Racer Age: _____

E-Mail: _____

Address: _____

Phone: _____

CIRCLE YOUR CLASS:
J1, J2, J3, J4, J5, J6

NASHOBA VALLEY ROVERS
2011 / 2012

Racing Season Medical Authorization and Injury Waiver

Child's Name _____

I hereby authorize Nashoba Valley Ski Area personnel and race coaches to seek and or authorize emergency medical treatment for my child, including x-rays, when recommended by a hospital or by a physician. This authorization covers any and all injuries occurring to my child while participating in the Nashoba Valley Rovers Program.

Date: _____ Parent/Guardian Signature: _____

Emergency Information: (Please Print Clearly)

Mother's Name: _____ Home #: _____

Work #: _____

Cell #: _____

Father's Name: _____ Home #: _____

Work #: _____

Cell # _____

Insurance Company: _____ Policy #: _____

Medical Alerts (if any): _____

I/We the parent(s) or guardian(s) of the child named above who is participating in the Rovers racing program, give my/our approval for his/her participation in any and all team activities. I/we assume all risks and hazards incidental to such participation, including transportation to and from such activities; and I/we do hereby waive, release, absolve, indemnify, and agree to hold harmless Nashoba Valley Ski Area, personnel, and race coaches, their organizers, officials, participants and person transporting my/our child to and from activities, from any claim arising out of any injury to my/our child. My/our child has permission to participate in practices and races. I/we understand that by signing this waiver, I/we agree that neither Nashoba Valley Ski Area, personnel, race coaches, their organizers, officials, participants or other members are liable for injury to my/our child in connection with the season's activities.

Signed: _____ Parent(s) or Guardian(s)

~ ROVERS ~
J3 & 4 Race = 1/21/12
J5 Stubbie Race = 2/18/12

In addition to the coaching staff, parent volunteers run a major portion of Tri-State races. At Nashoba our goal is to run as close to a flawless event as possible. Without the help of the families the races cannot operate appropriately and/or smoothly. The following is a list of volunteer responsibilities for the upcoming race season. Please check all positions that interest you. No experience is necessary.

VOLUNTEERING is MANDATORY
(Parents registering a racer: J3, J4 or J5)

When the schedule is complete you'll be notified as to your position (most likely 3 days prior to the event). REMINDER: On hill assignments require weather appropriate dress. Thanks!!

Parent Name: _____ E-Mail: _____

Child(ren)'s Name(s) _____

Daytime Phone: _____ Cell: _____

Starter:

Top of race course, providing countdown to each individual racer, on head set with Nashoba staff

Bib Order:

Top of race course, making sure all racers are in numerical order, keeping the racers running in order is imperative to how quickly the event is finished

StopWatch / Hand Timer:

Top of the race course, operate hand held stop watch provided by Nashoba

Stop Watch / Hand Timer:

Bottom of the race course, operate hand held stop watch provided by Nashoba

Gate Keeper: stand along side Giant Slalom or Slalom course and record disqualifications. "How-To" video will be shown before race. (Volunteers for this position must attend).

Score Board Recorder:

Bottom of the race course, recording the time of each racer on score sheet / leader board

Registration Table/ Check In:

Check off names from roster/running order, assign appropriate numbered bib and issue lift ticket to each racer. Requires being at the Race Facility building 1-½ hours in advance of the race.