

Waiver of Responsibility

This form must be signed by a parent/guardian of any athlete under the age of 18 or by the adult participant at the time of registration.

In consideration of Waterloo Region Nordic Sports Club (WRNSC) acceptance of me/my child as a registered member of the Club and me/my child being permitted to take part in the Club's events, activities and programs, I hereby, for myself, my heirs, my executors, administrators and assigns, forever release, discharge and hold harmless Cross Country Ontario (CCO), Cross Country Canada (CCC) and WRNSC, their directors, officers, employees, representatives, sponsors and agents.

EMERGENCY MEDICAL ATTENTION SECTION

A. In the event that emergency health care is required, I hereby give my permission for the attending medical staff to administer any medical procedure deemed necessary for the well being of my child.

B. In permitting me/my child to participate in the WRNSC program, I, the undersigned authorize the Club appointee, in the event of accident or illness affecting my child, to authorize any medical procedures on my behalf. Such action is to be taken only when immediate contact with the undersigned cannot be made. I also permit the WRNSC to release information to their insurance agent as required.

FREEDOM OF INFORMATION AND PRIVACY ACT

Pursuant to section 39(2) of the Freedom of Information and Privacy Act, I understand that my personal information recorded on this form is being requested for the purpose of:

- to assist the participant in the event of an emergency
- mailing information regarding Nordic Sports Club programs
- use information as required by the City of Kitchener, the City of Waterloo, CCO, CCC

Photographs/film/video of the participant may be used in promotion of WRNSC programs as required.

I have read the above information and give my permission for my child to join the WRNSC

Signature: _____

Date: _____ Print name: _____

CROSS COUNTRY SKIING

with Waterloo Region Nordic Sports Club

2007-08 Season

Programs for all ages

P.O. Box 40031
Waterloo, Ontario N2J 4V1

519 880-1719
www.wrnscl.org

Welcome to the WRNSC

Since 1984, the Waterloo Region Nordic Sports Club (WRNSC) has been providing cross-country ski instruction for children, youth and adults from beginner to expert. We cordially invite you to join us this season to enjoy all aspects of cross-country skiing.

In this brochure you will find information about our programs and a registration form. For further questions, visit us at www.wrns.org or call 519 880-1719.

Sincerely,
WRNSC Board of Directors

Registration

information and equipment pick-up day

Saturday, November 3, 2007

Adult Recreation Centre
185 King Street South, Waterloo
10 am – 1 pm

You can also register by mail.

Registrations for lessons and programs should be submitted by Dec. 15.

After this date please call 519 880-1719.

Volunteers

We rely heavily on our many and wonderful volunteers for club activities. We currently require Jackrabbit coaches & assistants, trail groomer, & special event assistants. We provide training, support and new incentives to our coaches. Talk to us about it! Call 519 880-1719.

WRNSC Membership Application 2007-08

Please Print Clearly

First Name	Last name	Program	Fee	Birthdate	Medical conditions/ Allergies
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
Total fees\$_____			cash_____	cheque_____	
Address: _____					
City: _____		Postal Code: _____	Phone # _____		
Emergency phone # _____ Email Address: _____					
New to skiing? Yes _____ No _____ I will volunteer for _____					
Jackrabbit Programs Wed. and Sat. _____ or Wed. and Sun. _____					
Adult lessons Tuesday (Classic) _____ Wednesday (Skate ski) _____					
How did you learn about us? Please circle: friends brochure Leisure Guide website					

*** Please read and sign waiver on reverse***

Bechtel Park

Parking during the week is at the soccer complex and during the weekend is near the baseball diamonds.

Sponsors

Thank you to the following organizations and businesses for their support and assistance.

Membership Information

General Membership \$40/person

For individuals age 16 and over, includes:

- participation in all club events
- groomed trails and night skiing
- newsletter
- discount at Highlands Nordic, near Collingwood
- discounts on wax and ski equipment
- membership with Cross Country Ontario and Cross Country Canada

Adult Lessons age 18+ \$80/person (Tues. or Wed.) \$140/person (Tues. and Wed.)

Includes general membership plus six weeks of ski lessons led by qualified instructors (CANSI) and coaches (NCCP).

- Tuesday evenings: Classic ski (beginner & intermediate)
- Wednesday evenings: Skate ski (Classic experience and skate skis required)
- Lessons at Bechtel Park in Waterloo
- Includes Ski and Social- 4 Thurs evenings at Bechtel; 2 Saturdays (venues TBD) practice skiing and socialize afterwards

Bus Trips to Highlands Nordic (Duntroon)

*Sunday, January 27, 2008. Travel by coach. Cost TBD

Deadline for registration: January 11, 2008.

***Saturday, March 1, 2008. Travel by school bus. Cost TBD.**

Deadline for registration: February 15, 2008.

Jackrabbit Programs age 4 -12

A youth-centred program developed by Cross Country Canada. It provides a positive, fun learning experience that develops skills while exploring the joys of nature and winter.

Fall Program

- starts October and ends in December
- involves outdoor games and activities
- held in Waterloo Park on Wednesday evenings (6:30-7:30pm)

Winter Program

- starts early January for five weeks of ski instruction
- choose either Wednesday evening (6:30-7:30pm) **and** Saturday afternoon (time TBA) **or** Wed. evening **and** Sunday afternoon (time TBA) lessons
- Bechtel Park in Waterloo and the Optimist Club site north of Erbsville on Kressler Road

BunnyRabbits	age 4-6	Winter only	\$40.
JackRabbits	age 6-12	Fall and winter program	\$70.
		Winter only	\$50.
MagicRabbits	age 10-13	Fall and winter program	\$80.
for intermediate skiers only		*Winter only	\$50.
		* Wednesday evening & Sunday afternoon (1-3pm) only	

Jackrabbit & Junior Outer Equipment Rental for the season

This is a very popular service and equipment is limited.

Please pick up equipment on registration day.

\$25. – skis

\$25. – boots

\$10. - poles

Junior Outers age 13-18, \$100/person

- September through March – registrations ongoing until Dec
- challenging outdoor activities in a fun, group environment
- choose either a recreational or competitive focus, and participate in ski touring, racing and leadership

Fall Program involves hikes and ski training in Waterloo Park. Wednesday evening (6-7:30 pm) & Sunday afternoon (1-3 pm), and weekend events.

Winter Program meets at Bechtel Park and various southern Ontario ski locations. Tues/Wed evenings (6-7:30 pm) and weekend events
Racing fees are extra.

For more information contact Kevin Shields at 519 880-1719 or kevinshields@alumni.uwaterloo.ca

Family Membership \$150 – \$220/family

Includes two (2) general memberships for parents and Jackrabbit programs instruction for two children. Costs for additional children's programs are added on to a maximum of \$220. Equipment rental, adult lessons & Junior Outers Program are extra, as well as Jackrabbit Fall program.

PARA-NORDIC PROGRAM for all ages. Fee dependent on program chosen (e.g. for age 4-12, Jackrabbit fee applies).

Recreational and Competitive Program for persons with physical disabilities.

For detailed information call Kevin Shields at 519-880-1719.

All program availability subject to change, depending on numbers, coaches and weather conditions.