



## Callaghan Valley Training Centre 2015-16 Athlete Information Package

The Callaghan Valley Training Centre is a high performance training center working within the framework of Cross Country Canada. Our mission is to produce successful skiers at the World Cup level.

### **Program Outline**

- To view the selection criteria for 2015-16, click on:  
<http://www.crosscountrybc.ca/sites/default/files/documents/CVTC%20Selection%20Criteria%202015-16.pdf>
  
- To view the CVTC website click on: <http://cvtc.ca/>
  
- The 2015-16 CVTC program will offer the following:
  - ✓ Full-time coaching support
  - ✓ Waxes and ski preparation support at designated competitions
  - ✓ A team van for transportation to and from regular training activities as well as designated competitions and camps
  - ✓ IST support
  - ✓ Residence opportunities and access to the High Performance Centre at the Whistler Athlete Centre (<http://cvtc.ca/training-in-whistler>).
  
- Team fees cover the full cost of coaching, CAIP - Gold Level medical coverage, lab testing, trail passes at WOP and Lost Lake, free use of wax facilities at WOP, recovery and endurance supplements, summer and winter team clothing, technical support for all equipment needs (summer and winter), transportation to local training venues, travel and accommodations for designated competitions, and travel and accommodations for camps and other events/activities that are part of the CVTC program.
  
- Race licences, race entry fees, meals when traveling to/attending competitions and camps away from home, and ski equipment are not covered by team fees.
  
- Medical coverage not covered by the CAIP - Gold Level medical plan (i.e. basic medical coverage) is the responsibility of the athlete, and is not covered by team fees. Any additional medical coverage for traveling to/attending competitions and

camps out-of-province or out-of-country is the responsibility of the athlete, and is not covered by team fees.

- ❑ The total program fee is \$6,000.00. Payment Schedule: \$2,000.00 will be payable by May 15<sup>th</sup>, 2015. In addition, 10 instalments of \$400.00 each will be payable on the 1<sup>st</sup> of each month from June 2015 through to March 2016. Post dated cheques for the June to March payments will be required in advance (by May 15<sup>th</sup>, 2015).
- ❑ The CVTC Head Coach is Chris Manhard, who was formerly head coach of the BC Ski Team and Black Jack Cross Country Ski Club. Chris, who is originally from the 100 Mile Nordic Ski Club in 100 Mile House, is a former BC Ski Team athlete.
- ❑ The CVTC Assistant Coach is Maria Lundgren. Maria, a former member of the Swedish National Junior Team, was head coach of the Whistler Nordic Ski Club for several years, as well as head coach of the BC Development Squad.
- ❑ The CVTC is headquartered at the Whistler Athlete Centre at Cheakamus Crossing, just south of the community of Whistler, BC. The CVTC office is located at the High Performance Centre (the gymnasium), which is situated within the Whistler Athlete Centre complex.
- ❑ The Athlete Centre, which is located between the Whistler Nordic Centre and the community of Whistler, is an important component of 2010 legacy plans to support athlete development in the region. The Centre offers low cost accommodations for training centre coaches and athletes, a high performance gymnasium, testing equipment, etc.
- ❑ CVTC staff and volunteers will assist athletes in coordinating accommodations at the Whistler Athlete Centre or the community of Whistler.
- ❑ For information on the new educational options available to athletes contact Maria Lundgren at (604) 906-1081 or [maria@cvtc.ca](mailto:maria@cvtc.ca).
- ❑ To apply, forward your completed CVTC Registration Form and Informed Consent and Assumption of Risk Agreement Form to Maria Lundgren at [maria@cvtc.ca](mailto:maria@cvtc.ca) or #207 1080 Legacy Way, Whistler BC, V0N 1B1.



## Callaghan Valley Training Centre ~ REGISTRATION FORM ~

Name of Program: Callaghan Valley Training Centre, Whistler, BC

Dates: May 1, 2015 to April 30, 2016

Athlete's Full Name: \_\_\_\_\_

Parent/Guardian Name(s): \_\_\_\_\_

Home Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Telephone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Date of Birth: Year \_\_\_\_\_ Month \_\_\_\_\_ Day \_\_\_\_\_ Age: \_\_\_\_\_

Name of Club: \_\_\_\_\_

Name of Personal Coach: \_\_\_\_\_ Telephone: \_\_\_\_\_

Coach Email Address: \_\_\_\_\_

Food Allergies/Dietary concerns: \_\_\_\_\_  
(ie: diabetic, vegetarian, nut allergies etc.)

\_\_\_\_\_

Medical Conditions/Allergies: \_\_\_\_\_  
(ie: asthmatic, drug allergies etc.)

\_\_\_\_\_

Medications: \_\_\_\_\_

\_\_\_\_\_

Relevant medical history not covered above: \_\_\_\_\_

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Medical Plan (Care Card) No: \_\_\_\_\_ Dental Plan No: \_\_\_\_\_

Family Doctor: \_\_\_\_\_ Telephone: \_\_\_\_\_

Person(s) to contact in the event of an accident or emergency:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Telephone: \_\_\_\_\_ Cell: \_\_\_\_\_

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Telephone: \_\_\_\_\_ Cell: \_\_\_\_\_

\_\_\_\_\_  
Signature of Athlete

\_\_\_\_\_  
Signature of Parent or Guardian  
(if athlete is under 19 years old)

Date: \_\_\_\_\_

Date: \_\_\_\_\_



## CROSS COUNTRY CANADA INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

**By signing this document you will assume certain risks. Please read carefully.**

1. This is a binding legal agreement. As a Participant in the sport of cross-country skiing and the programs, activities and events of **Cross Country Canada and Canadian Snowsports Association** (hereinafter called **CCC/CSA**), Cross Country BC (hereinafter called the **Division**) and the **Callaghan Valley Training Centre** (hereinafter called **Club**) which include without limitation cross-country skiing competitions, camps, clinics, and related activities such as roller-skiing, road cycling, running and hiking (hereinafter called the **Activities**), the Participant and/or the Parent/Guardian of the Participant (hereinafter called the **Parties**), acknowledge and agree to the following terms:

### Description of Risks

2. The Participant is participating voluntarily in the **Activities**. In consideration of the Participant's participation in the **Activities** sanctioned by one or more of **CCC/CSA**, the **Division** and the **Club**, the **Parties** hereby acknowledge that they are aware of the risks, dangers and hazards associated with or related to the **Activities**, and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to, injuries from:
  - a) training whether indoor or outdoor including strength training, running, hiking, and cycling;
  - b) overusing, exerting and stretching various muscle groups and strenuous cardiovascular workouts;
  - c) vigorous physical exertion, rapid movements and quick turns and stops;
  - d) falling to the ground due to slips, trips or uneven, slippery or irregular terrain or surfaces;
  - e) contact, colliding or being struck by skis, ski poles, equipment, trees, other individuals or other fixed objects;
  - f) failing to participate within one's abilities, skill and within designated areas;
  - g) becoming lost or separated from the group or the group becoming split up;
  - h) failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
  - i) extreme weather conditions which may result in frostbite, hypothermia, snowstorms, sunstroke or lightning strikes;
  - j) encounters with animals or plants including allergic reactions;
  - k) travel to and from training, competitive events and associated non-competitive events which are an integral part of **Activities**; and
  - l) other risks normally associated with participation in the **Activities**.
3. **Furthermore, the Parties are aware:**
  - a) that injuries sustained may be severe, paralyzing or fatal;
  - b) that the Participant may experience anxiety or embarrassment while challenging themselves during the activities, events and programs of **CCC/CSA**, the **Division** and the **Club**;
  - c) that the risk of injury is reduced if the Participant follows all rules established for participation; and
  - d) that the risk of injury increases as the Participant becomes fatigued.

### Disclaimer

4. In consideration of **CCC/CSA**, the **Division** and the **Club** accepting the Participant's application for membership in the **Club** or allowing the Participant to participate, the **Parties** agree that **CCC/CSA**, the **Division** and the **Club** and its respective directors, officers, committee members, members, employees, volunteers, participants, agents and representatives are not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by the Participant during, or as a result of, any of the **Activities** sanctioned by one or more of **CCC/CSA**, the **Division** and the **Club**, caused by the risks, dangers and hazards associated with the **Activities**.

### Acknowledgement

5. The **Parties** confirm that:
  - a) the Participant's physical condition is sufficient to allow participation in the sport of cross-country skiing and the activities, events and programs of **CCC/CSA**, the **Division** and the **Club**;
  - b) they have been provided sufficient information about **Activities** and the associated risks and hazards so that they are aware of the effect of this agreement;
  - c) the Participant agrees to abide by the Rules and Regulations imposed by **CCC/CSA**, the **Division** and the **Club**, in association with the **Activities**, and to follow the instructions of the officials during the **Activities**; and
  - d) they have read this agreement understand it, have executed this agreement voluntarily, and that this agreement is to be binding upon the **Parties**, their heirs, executors, administrators and representatives.

6. In addition, the **Parties**:

- a) authorize **CCC/CSA**, the **Division** and the **Club** to collect and use personal information about the **Parties** which relates in any way to the **Activities**, including without limitation the publication of photographs in newsletters and promotional materials, and the posting of photographs, videos, articles, rosters, statistics, images and results on the **CCC/CSA**, the **Division** and the **Club** websites;
- b) grant permission to **CCC/CSA**, the **Division** and the **Club** to photograph and/or record the **Parties** image and/or voice, and to use this material to promote **CCC/CSA**, the **Division** and the **Club** through any form of and agree that the audio/visual material and copyright will remain the sole property of **CCC/CSA**, the **Division** and the **Club** and waive any claim to remuneration for use of audio/visual materials used for these purposes; and
- c) understand that they may withdraw such consent at any time by contacting Cross Country Canada at 403-678-6791. Cross Country Canada will advise the implications of such withdrawal.

**\*We do not sell or distribute your personal information to any other third party not listed herein.\***

***I, the Participant and/or Parent/Guardian, have read and agree to be bound by this agreement.***

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

**NOTE: if the Member/Participant is under 19 years of age, parent or legal guardian MUST sign below.**

Name of Parent/Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

**NOTE:**

All Informed Consent and Assumption of Risk Agreements are to remain with the **Club Executive for a minimum of three years.**

**DO NOT** submit these forms to **CCC/CSA** or the **Division** Office