

REGISTRATION & PROCEDURAL INFORMATION FOR THE 2019 DRYLAND ALPINE SKI RACING CAMP

WEEK # 1: Sunday, July 21st through Saturday, July 27th / Round Hearth at Stowe

WEEK # 2: Sunday, July 28th through Saturday, August 3rd / Round Hearth at Stowe

Group #1: Gr 3-4 ♦ Group #2: Gr 5-6 ♦ Group #3: Gr 7-8 ♦ Group #4: Gr 9-10

Thank you for enrolling in the Stowe Dryland Camp. We appreciate your interest and look forward to working with you during our Instructional Dryland Alpine Ski Racing Camp. As you know, we offer *TWO* weeks of camp. Please ensure you are aware of which week(s) your son/daughter is enrolled!!

Your Camp Site is The ROUND HEARTH LODGE, located in Stowe, VT.

This registration package includes information and expectations about the camp and your Camp HQ and Lodging Facility as well as directions to the Camp. Also, included is a **MEDICAL INFORMATION SHEET**, a **PARENTAL WAIVER OF LIABILITY RELEASE FORM**, and a **BEHAVIORAL CONTRACT**. YOUR PARENTS MUST COMPLETE, sign, and return all three forms to us prior to your arrival at camp. Our athletic trainer **must have** a signed copy of the liability waiver on file before you can participate in the camp. Also, included is an **ATHLETIC BACKGROUND QUESTIONNAIRE** for you to complete and mail back to us prior to camp.

If, at any time, you or your parents have any questions about anything, please call us immediately! We certainly appreciate your support and look forward to working with you this summer. Thank you.

AN IMPORTANT NOTE TO PARENTS AND CAMPERS ABOUT OUR CAMP ENROLLMENT

*Dryland Ski Racing Camp continues to be one of our most popular camps. Obviously, this fact reflects very positively upon the excitement, fun, and value that the camp has to offer. It also means that our many young athletes must be prepared to pay serious attention to announcements and be ready to listen closely to all of their coaches and counselors so that our carefully established schedule of teaching and special events can be carried out efficiently and safely. Our coaching staff will include professionals sufficient to equate to a Coach:Camper Ratio of 1:8 along with a lodge support staff of 8 persons. Additionally each group of 8-12 athletes will be assigned to a counselor for the entire week. The counselor and the athletes will move together via walking, bus, or van to the various teaching segment areas during the week. Each of three teaching areas ("In-Line Skating", "Cross-Training", "Fitness Training & Special Events") will be staffed by an additional 2 to 3 teaching professionals. Therefore, at all times, the Staff:Camper Ratio will approximate 1:4. Thanks for your understanding and support. **We are looking forward to an AWESOME camp this year!***

CLARIFICATION OF DISTINCTION BETWEEN "GROUPS"

As you know, the Groups (as noted above) are established based on the upcoming September grade level of each participant.

All campers in all 4 Groups are hosted at the Round Hearth. Rooming assignments (unless specific requests and/or siblings are concurrently enrolled) are established "by group".

At all times, each group's participants are organized separately into "teaching units" of 5-10 students each with a dedicated counselor assigned for the entire week. Depending upon final Camp enrollments, Groups 1 & 2 may be separated from Groups 3 & 4 during all teaching / training sessions, meals, and extracurricular events (i.e.: trip to Ben & Jerry's, etc.). For example, while Group #3 & #4 participants are training on In-Line skates, Group 1 & 2 participants will be involved in Dryland or other training at a different venue. In addition, Session "start/end" times may be staggered to allow for equivalently staggered meals times.

In the event that we have uneven enrollments (eg: significantly higher enrollment in one Group vs. the other Group), we may have some crossover in terms of teaching/training venues to effect better balance as regards coaches, transportation, meals, etc. However, AT ALL TIMES, we will maintain the integrity of our actual individual "teaching groups". For example, in the event that a group of 8th graders must "Skate to Ski" with Group #4 (Grades 9-10), the 8th graders will be in their own distinct teaching group proceeding with instruction at a pace appropriate for their age level.

❖ **SPECIAL EQUIPMENT FOR YOU TO BRING TO CAMP!** ❖

1) IN-LINE SKATES & PROTECTIVE GEAR!

If you are bringing your own skates, be sure to pack all protective gear (helmet, wrist guards, elbow guards, knee pads) as well. You cannot in-line skate without all approved protective equipment! Please be sure to label your skates with your name! If you do not have your own, you can rent them at a local shop in Stowe or at a shop where you live.

2) PROTECTIVE PANTS & SHIRTS FOR IN-LINE SKATING!

We **REQUEST** that you bring “below the knee” canvas-type shorts or sweat pants and sweatshirts or other clothing that covers legs and arms to be worn while in-line skating. Such type of clothing affords extra protection from abrasions of the skin in the event that a skater falls while skating. **OUR CONCERN IS YOUR PROTECTION FROM ABRASIONS, SCRAPES & CUTS IF YOU SHOULD FALL WHILE “SKATING TO SKI.”**

3) SKI POLES!

Plan to bring an old pair of SKI POLES with you. As we move further into our technical instruction on in-line skates, we will start to focus on proper arm and pole position both while transitioning and executing gates. Since we will be on asphalt which can cause some wear and tear on poles, you may wish to bring an older pair. **Also, you must heavily tape up your pointed ends or put plastic caps (taped on, also) over them to protect them and the asphalt surfaces upon which you “Skate to Ski”.** Ski poles are not available for rent. *Please be sure to label your poles with your name!*

4) MOUNTAIN BIKE! (18 speeds or more is highly recommended)

Before you come to camp with your own mountain bike, be sure that is in tuned up and in good working order. *A poorly tuned bike will only cause camper frustration and, most likely, the subsequent expense of renting a mountain bike* Along with your own mountain bike, be sure to bring good quality bike helmet (it can be same one that you use for in-line skating!) . You cannot ride without an approved helmet! We do NOT have extra bike helmets available. *Please be sure to label your bike with your name!* **FOR YOUR INFORMATION, BIKES WILL BE SECURELY STORED AND CHAINED OUTSIDE AND UNDER TARPAULINS.**

NOTES TO PARENTS ON MOUNTAIN BIKES ♦ WE DO NOT RENT BIKES. WE CAN PROVIDE RECOMMENDATIONS.

AN APPROPRIATE MOUNTAIN BIKE TO BRING TO CAMP typically has three front chain rings thus providing the rider with a minimum of 18 available speeds. Your child should anticipate riding his/her bike on a variety of surfaces: pavement, dirt, grass, mud, and through water puddles. Please note that “cross trainer” bikes typically do not work as they usually have tires that are too narrow for handling trails and other uneven terrain.

WE STRONGLY SUGGEST-RECOMMEND-ENCOURAGE THAT YOUR (CHILD’S) MOUNTAIN BIKE BE PROFESSIONALLY TUNED UP PRIOR TO YOUR CHILD’S ARRIVAL AT THE ROUND HEARTH FOR DRYLAND SKI RACING CAMP. Our camp staff does not have time to tune all the bikes that come into camp in “non-rideable” condition. OUR MOUNTAIN BIKE COORDINATOR WILL QUICKLY CHECK EACH BIKE FOR SAFETY AND APPROPRIATENESS. Should your child’s bike be deemed inappropriate for mountain biking terrain or otherwise unsuitable for riding due to maintenance problems, you may choose one of two options:

- (1) Rent a bike from a local bike shop. The cost can be expected to vary. The bike’s availability for your child’s use will be dependent upon inventory and policy of the bike shop from which you choose to rent.
- (2) Have us send the bike to a professional bike shop for tuning up and correction of any problems preventing safe riding. WE are neither properly trained nor staffed to work on “non-rideable” or otherwise “out-of-tune” bikes. YOU will be financially liable for all tune-up and/or repair charges. In addition, your child’s bike most likely would not be tuned and back to the Red Fox for use for at least 24-48 hours. “Interim” rentals can be arranged and paid for from the bike shop to which you choose to take your child’s bike for repairs/tuning.

IF YOU ARE PLANNING TO RENT A MOUNTAIN BIKE, YOU SHOULD CONTACT A LOCAL BIKE SHOP IN ADVANCE. The weeklong rental charge for an 18-21 speed mountain bike will vary depending upon the Bike Shop with whom you choose to work.

IF YOU HAVE QUESTIONS ABOUT THE APPROPRIATENESS OF YOUR BIKE, PLEASE CALL US SO THAT WE CAN DISCUSS YOUR BIKE WITH YOU AND YOUR PARENTS. We can also provide phone numbers for local bike shops.

ARRIVAL TIME ON FIRST DAY OF CAMP

Please plan to arrive at Camp HQ & your secure lodging & meals facility (noted above) on registration and start day between the hours of 3:00 pm and 4:00 pm. After dinner on the first day of camp, we will hold an orientation and introductory training session. If you will not be able to arrive by 5:00 pm, please notify us in advance or, in the case of delays while en route, call us from the highway.

DEPARTURE TIME ON LAST DAY OF CAMP

Scheduled closing of camp and departure for all athletes from the Lodge (unless previous arrangements have been established) will be at 12:00 noon. **No lunch will be served on the day of departure.** Parents are welcome to attend our closing ceremonies which begin at approximately 11:30 am and are held at the Lodge. **IF YOU CANNOT PICK UP YOUR CHILD BY 1:30 PM ON THE LAST DAY OF CAMP, PLEASE NOTIFY US BY THE PREVIOUS EVENING SO THAT WE CAN PLAN ACCORDINGLY** (including lunch/dinner preparation @ \$11.00/ meal per child). Campers should check out at the front desk with a Lodge or Camp representative.

If a camper is scheduled to leave by air or bus, a taxi service, "Peg's Pick-Up", is available for transfers to Waterbury or Burlington. "Peg's Pick-up" can be reached at 800-370-9490. Advance reservations are suggested. We are sorry that we cannot commit to transferring athletes to either Waterbury or Burlington. We are not insured for such service. Additionally, we are neither properly trained nor staffed to be able to do so.

REGISTRATION & CHECK-IN ON 1st DAY OF CAMP

Upon arrival at Camp HQ, please introduce yourself at the Lodge's registration table. A camp staff member will be at the desk to greet you, complete your registration (including collection of the balance due, if any, on your tuition), and to provide information about the camp along with information on the lodge and its layout and policies. If you need to rent a mountain bike, please be prepared to pay for it upon registration. Storage of mountain bikes, in-line skates, and ski poles will also be completed.

Our camp athletic trainer will also meet with you to review your medical information sheet, answer questions, discuss medications (if applicable) & offer you the option of providing a credit card number for use in a medical emergency (discussed later in this package).

You will also be given your camp T-shirt and be set up in your bunk room for the week of camp.

POLICY ON CAMPER DEPARTURE FROM CAMP

No enrolled camper is allowed to leave the host Lodge grounds or any of the training/recreational venues without being accompanied with an adult camp coach or support person. **PARENTS MUST NOTIFY IN ADVANCE AN ADULT CAMP REPRESENTATIVE BEFORE TAKING A CHILD FROM CAMP EITHER TEMPORARILY OR PERMANENTLY. NO OTHER PERSONS MAY TAKE AN UNRELATED CHILD FROM CAMP WITHOUT PRIOR WRITTEN APPROVAL FROM THE CHILD'S PARENTS OR GUARDIAN (WITH SUCH WRITTEN APPROVAL HAVING BEEN PRESENTED DIRECTLY TO OUR LODGE GENERAL MANAGER and OUR CAMP DIRECTOR.** We ask that all parents, guardians, and friends abide by this rule for the safety of their own and other children at the camp. Our number one priority is safety for all enrolled children. Obviously, we need the cooperation of parents and guardians to ensure such safety.

CAMP MEALS

All of our meals are freshly prepared from high quality products. They are all geared to the needs of young athletes. We do offer daily "vegetarian" alternatives. ***IF YOU HAVE SPECIAL DIETARY NEEDS OR RESTRICTIONS, PLEASE CALL OR WRITE TO US PRIOR TO THE START OF CAMP. WE NEED TO KNOW ABOUT YOUR REQUIERMENTS AND/OR RESTRICTIONS.***

DIRECTIONS TO THE ROUND HEARTH AT STOWE, LOCATED IN STOWE, VT

- ◆ **COMPLETE DIRECTIONS & MAP ARE AVAILABLE ON-LINE AT OUR WEBSITE: www.roundhearth.com ◆**

From any direction heading into Vermont, you will ultimately take Interstate Route 89 to Vermont Exit 10 ("Waterbury, Stowe") and U.S. Route 100 North. Proceed north on Route 100 North for approximately 9 miles into the center of Stowe village. At the center of the village, you will encounter a 3-way Stop. At the stop, turn left onto Route 108 (also known as "Mountain Road"). Proceed along Mountain Road for 3.2 miles until you will come to the Round Hearth on your right. The Lodge is situated at the far corner of Mountain Road and Edson Hill Road. Turn right onto Edson Hill Road and immediately pull up to our front entrance. **A map of Stowe is enclosed for your convenience.**

If your parents are staying locally at a lodging property in Stowe, we can provide directions for them upon your arrival.

BUS TRANSPORTATION TO STOWE, VT

Vermont Transit Bus Lines serves the state from around New England and the Northeastern United States. The company is affiliated with Greyhound and operates out of Greyhound Bus Terminals. For transit schedules and fares, simply call your local or nearest Greyhound Terminal.

When setting up arrangements, please be sure to indicate that you wish to disembark in Waterbury, VT (located approximately 10 miles south of Stowe, 20 miles south of Jeffersonville) or Burlington, VT (approximately 35 miles from either Stowe or Jeffersonville). A taxi service, "Peg's Pick-Up", is available from Waterbury (or Burlington) to Stowe and/or Jeffersonville. "Peg's Pick-up" can be reached at 800-370-9490. Advance reservations are suggested. We are sorry that we cannot commit to picking up athletes in either Waterbury or Burlington. We are not insured for such service. Additionally, we are neither trained nor properly staffed to do so.

TRAIN TRANSPORTATION TO STOWE, VT

AMTRAK serves Vermont. Your local affiliate can provide information on schedules and fares. Again, when setting up arrangements, please be sure to indicate that you wish to disembark in Waterbury, VT (located approximately 10 miles south of Stowe, 20 miles south of Jeffersonville) or Burlington, VT (approximately 35 miles from either Stowe or Jeffersonville). A taxi service, "Peg's Pick-Up", is available from Waterbury (or Burlington) to Jeffersonville and/or Stowe. "Peg's Pick-up" can be reached at 800-370-9490. Advance reservations are suggested. We are sorry that we cannot commit to picking up athletes in either Waterbury or Burlington. We are not insured for such service. Additionally, we are neither trained nor properly staffed to be able to do so.

AIR TRANSPORTATION TO STOWE, VT

All commercial flights fly into Burlington International Airport in Burlington, VT. There are several ground transportation alternatives available for making the estimated 1 hour trip from Burlington to Stowe. We recommend "Peg's Pick Up" of Stowe. Please call them at 800.370.9490.

For additional information of air flights, please contact your local airport or Burlington International Airport at 802.862.2874. PLEASE REMEMBER that we CANNOT pick up anyone in Burlington. If you fly, you must arrange your own transportation to Stowe and the Round Hearth.

Private planes can fly into the Morrisville-Stowe Municipal Airport, located 10 miles from the Round Hearth. For more information, call (802) 888-7845.

PACKING FOR THE SIX DAYS OF CAMP – You must provide your own towels & bed linens!!

Please pack lightly for the camp! Our dress code is decidedly casual! You will need only very casual clothing (e.g.: T-shirts and shorts with running shoes are perfect!) for six days, swim suits, and workout gear for 14 sessions. *We REQUEST that "below the knee" canvas-type shorts or sweat pants and sweatshirts or other clothing that covers legs and arms be worn while in-line skating. Such type of clothing affords extra protection from abrasions of the skin in the event that a skater falls while skating. OUR CONCERN IS YOUR PROTECTION FROM ABRASIONS, SCRAPES & CUTS IF YOU FALL WHILE "SKATING TO SKI."*

We do not have laundry facilities at the Lodge.

WE DO NOT PROVIDE BED SHEETS OR PILLOW CASES.

WE SUGGEST BRINGING EITHER SHEETS & A PILLOW CASE OR A SLEEPING BAG & PILLOW CASE.

WE DO NOT SELL, RENT or OTHERWISE PROVIDE TOWELS. WE SUGGEST BRINGING 3-4 TOWELS FOR THE WEEK.

WE DO PROVIDE A PILLOW (No Case), MATTRESS PAD, & BLANKET.

SECURITY

DO NOT BRING UNNECESSARY valuable, jewelry, or excessive amounts of money or electronic devices. Although your bunk rooms can be locked, be advised that you will also be sharing your bunk room with several other athletes. We have limited facilities for the safekeeping of valuables and cash. If you do store valuables with us, we will return them to you only at the close of camp.

Regarding cash, you will need very little! As little as \$20.00 should be more than enough for snacks, and a souvenir T-shirt or other gift. You will not need to spend any money for meals or special events.

MEDICAL INFO SHEET, LIABILITY RELEASE FORM, & BEHAVIORAL CONTRACT

Included in this package you will find a **MEDICAL INFORMATION SHEET** along with **AN EMERGENCY TREATMENT AUTHORIZATION FORM & LIABILITY RELEASE FORM**. Parents and/or Legal Guardians must read **ALL** forms thoroughly and fill them out completely, sign the TWO waivers, and mail both back to us at our Administrative Office before the beginning of camp. In addition, you will find a **BEHAVIORAL CONTRACT**. Campers and parents must read it thoroughly. A parent is required to sign the Behavior Contract (Child signature is optional) and mail it back to us at our Administrative Office before the beginning of camp.

It is very important that our medical staff has the authority to act on your parents' behalf in the unlikely event of an injury or other emergency situation. Please be sure to include phone numbers where parents can be reached during the day and in the evening. If your parents change your plans and will be at a different number for all or part of the camp, PLEASE ask them to phone the office and let us know where we can reach them. ***YOU CANNOT PARTICIPATE IN THE CAMP until we have on file the following:***

- (1) COMPLETED & SIGNED MEDICAL INFORMATION FORM***
- (2) SIGNED LIABILITY RELEASE FORM***
- (3) SIGNED BEHAVIORAL CONTRACT***

PRE-CAMP TRAINING AND PREPARATION

NO PRIOR EXPERIENCE WITH IN-LINE SKATES IS EITHER REQUIRED OR EXPECTED! However, please remember that you are attending an athletic camp. As such, you should undertake a basic fitness regimen in the few weeks leading up to camp. A base level of conditioning -- including a serious flexibility program -- will best ensure that you avoid fatigue and injury. If you come to camp in shape, you will gain the maximum benefit from the teaching and instruction received.

TRAINING QUESTIONNAIRE

Our Director and Curriculum Advisors design a Camp teaching curriculum and schedule optimally tailored to the enrolled athletes' needs and skills. The enclosed questionnaire should be filled out and returned to the Camp Address listed AS SOON AS POSSIBLE so that preparation of & organization for teaching and training issues can be completed. Thanks for your help!

LODGING IN THE STOWE AREA FOR MOM & DAD

If requested by your parents upon your camp enrollment, we have enclosed in this package a brochure highlighting various Stowe area lodging properties. The brochure lists contact phone numbers. The phone number for the Stowe Area Association, our local "Chamber" and central reservations system is 1.800.24-STOWE. The SAA website is www.gostowe.com

For information on lodging in the greater Smugglers' Notch area, parents can call the Lamoille Valley Chamber of Commerce at 1.800. 849-9985 The LCCC website is: www.stowesmugglers.com



We welcome you to the Stowe Summer Sports Festival and thank you for your prompt attention to the forms we have enclosed for you to fill out. The camp is a very educational and exciting event. You will be kept very busy with teaching, learning, training, and with lots of fun recreational and social activities. In addition to the teaching curriculum, we have planned recreational outings, swimming opportunities, a barbeque and games, and much more!

Please call us at any time should you have questions about anything or if we can be of any additional assistance. We look forward to meeting you and working with you this summer.

Sincerely,

Merry Vigneau

Merry Vigneau, Owners & Executive Director
The Round Hearth at Stowe
Stowe Dryland Camp

STOWE DRYLAND CAMP BASIC RULES OF CONDUCT AND RESPONSIBILITY

We have established rules and regulations for conduct and personal responsibility while participating in the Summer Sports Festival. All rules are based on COMMON SENSE AND ACCEPTED PRINCIPLES OF COURTESY. We need to respect you and gain your respect to ensure a safe, fun, and rewarding experience for you and each of your fellow athletes.

We will review the rules and regulations in depth upon your arrival at camp. Presented here are key points to which you must adhere. One or more failures to abide by them will give our management just cause to remove the offending individual(s) from the camp. No refund of tuition will be forthcoming. Alternative lodging and/or transportation home will be at the expense of the offending individual(s).

In the case of an offense, we will contact the individual's family immediately and disclose fully the nature of the problem and our identified course of action.

1. The Coaches, Trainers, Counselors, and other professionals in attendance during the camp are here to give you the most beneficial and most fun experience possible. To ensure that they are successful, we ask that you pay attention, give them the respect that they deserve, and, most of all, use them as resources: listen, ask questions, take notes, challenge yourself!
2. Respect and enjoy the company of the other young men and women in attendance at the camp with you. They, like you, want to learn, gain valuable experience, meet new coaches and fellow athletes, make new friends, and to have a great week!
3. If, in the unlikely event that you are bothered by other athletes or counselors, do not attempt to solve the problem yourself. Immediately speak with your Camp Director, one of the camp coaches or our Lodge General Manager. Any one of them can clear up any misunderstandings or solve problems. REMEMBER, WE CANNOT READ YOUR MIND OR ALWAYS PERCEIVE A PROBLEM. YOU NEED TO TALK TO US!
4. When traveling as a member of the camp or involved in a training session, stay with your coach and group AT ALL TIMES.
5. Our youth group lodge (Camp HQ) is a SMOKE & TOBACCO FREE environment. Use of any tobacco product on the property at any time is prohibited.
6. NO DRUGS OR ALCOHOL are permitted in or around the building and/or on the grounds. Even one violation of this rule will result in the immediate dismissal and removal from the building and the camp of the offending individual(s).
7. No boys in the girls' second floor dorm wing. No girls in the boys' second floor dorm wing.
8. Evening *lights out* policy will be set according to the age of campers. *Lights out* will be established between 9-10 pm each evening.
9. The second floor dorm wings and rooms are for sleeping! Quiet will be maintained in the second floor dorm wings at all times. All socializing and entertainment will take place on the first floor of the building.
10. No campers may leave the Camp Lodging facility grounds or an off-site training group unless they have received prior approval from and are accompanied by Lodge management or camp staff. Alternatively, the camper(s) may be placed in the care of parents. PARENTS SHOULD ALSO CHECK WITH CAMP STAFF BEFORE TAKING CHILDREN "OUT OF CAMP".
11. If a camper drives himself/herself to camp, car keys must be checked immediately with camp staff at front desk at registration. We strongly suggest that parents/guardian call us in advance to notify us that a child will be driving himself/herself to camp.
12. All Campers must be an "A-W-E-S-O-M-E" camp participant! See Following Page.

STOWE DRYLAND CAMP

QUALITIES OF AN

A-W-E-S-O-M-E
CAMPER

ALWAYS RESPECT PEOPLE & PROPERTY

WINNERS TRY ALL ACTIVITIES

EVERYONE LISTENS & FOLLOWS DIRECTIONS

SPORTSMANSHIP IS #1

OPEN MINDS LEAD TO HAPPINESS (& LOTS OF LEARNING!)

MOVE & ACT IN A SAFE WAY

ELIMINATE INAPPROPRIATE LANGUAGE,
COMMENTS, & ATTITUDES

2019 INSTRUCTIONAL DRYLAND ALPINE SKI RACING CAMP

CAMPER INFORMATION SHEET & MEDICAL HISTORY

NAME OF CAMPER: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP CODE: _____

INSURANCE PROVIDER: _____ POLICY #: _____

SUBSCRIBER: _____ SUBSCRIBER D.O.B.: _____ ID #: _____

DATE OF BIRTH: _____ DATE OF MOST RECENT PHYSICAL: _____

AGE: _____ HEIGHT: _____ WEIGHT: _____

PARENT NAME (s): _____

HOME PHONE #: _____

CELL PHONE # (s): _____

ADDITIONAL ADULTS TO CONTACT IN CASE PARENTS ARE NOT AVAILABLE:

NAME: _____ RELATIONSHIP TO CAMPER: _____

HOME PHONE #: _____ CELL PHONE #: _____

NAME: _____ RELATIONSHIP TO CAMPER: _____

HOME PHONE #: _____ CELL PHONE #: _____

If your child has a current or past physical injury or medical condition (including allergic reactions history) about which we should be aware, please note as such below and/or use the space below to detail and explain any such injury or condition for our Athletic Trainer. Please attach any records or other details about which we should be informed. Also, please note any medications that your child must have administered during the week. Medications must be provided directly to our athletic trainer along with explicit written instructions regarding dispensation:

♦ Describe Specific Environmental, Food, and/or Medicine Allergies: _____

♦ Describe Asthmatic or related condition, if any: _____

♦ Describe prescription Medications that your child takes. Please attach written instructions for our athletic trainer regarding dispensation: _____

♦ Describe specific blood or organic diseases from which your child suffers: _____

♦ Does your child wear glasses or contacts during athletic activities? Please describe: _____

<u>Injury/Condition</u>	<u>Date of Injury</u>	<u>Description/Curent Status</u>	<u>Consulting MD & Office Phone #</u>
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Parent/Guardian Name (Print or Type)

Signature of Parent/Guardian

Date

2019 INSTRUCTIONAL DRYLAND ALPINE SKI RACING CAMP

PARENT/CAMPER RELEASE FORM & WAIVER OF LIABILITY

NAME OF CAMPER: _____

NAME(S) OF PARENT(S) / LEGAL GUARDIAN: _____

PARENT / LEGAL GUARDIAN: Please read AND sign the following medical treatment authorization & liability release form. **Please remember that your child cannot participate in the camp without a signed release in the possession of our camp athletic trainer.**

My son/daughter has had a physical exam within the last two years. As such, I judge him/her to be physically fit to participate in the Round Hearth, LLC Stowe Dryland Alpine Ski Racing Camp. In the event that my child is injured or requires immediate and/or emergency care and I cannot be contacted, I authorize the Camp Athletic Trainer to act for me according to his/her best judgment (including treatment and/or transportation to area medical facilities). I also authorize area hospital medical personnel to act on my behalf in the event of an emergency and I cannot be contacted.

Furthermore, I understand that participation in the sport of In-Line Skating and all of the other component activities of dryland ski training & other Camp scheduled or optional "extra-curricular activities", including hiking, mountain biking, swimming, & riding on "Water Slides" or "Alpine Slides", inherently carry risk of physical injury and even death. I, my child's heirs, our legal representatives, and other related persons furthermore agree to absolve the Round Hearth Limited Liability Company, its employees, independent contractors & the Camp coaches, athletic trainer, & other professional and support staff from any liability resulting from an injury, death or other physical or emotional trauma incurred while participating in the Round Hearth, LLC Stowe Dryland Alpine Ski Racing Camp. I also agree to absolve from liability any other organization -- including, but not limited to, the Round Hearth Limited Liability Company, the Round Hearth Limited Liability Company, Dagny Inc., the Stowe Mountain Resort, Topnotch at Stowe Resort, the Smugglers' Notch Resort, as well as the towns of Stowe, VT & Johnson, VT & the village of Jeffersonville, VT -- upon whose facilities or field space my son/daughter may receive instruction, practice, or otherwise be involved in scheduled or optional recreational or other camp activities. I also absolve Russell Stowe Taxi Service (dba, Percy School Bus Co) or any other professional school bus company upon whose licensed school buses my child may travel during camp as well as the company's licenced drivers.

I also absolve the Round Hearth Limited Liability Company, the Stowe Mountain Resort, & the Smugglers' Notch Resort, each organization's employees, independent contractors & the Camp coaches, athletic trainer, and other professional support staff from any liability resulting from injury from, damage to -- or damage caused by -- my child's use of any & all other ski and fitness training tools, including bicycles.

Parent/Guardian Name (Print or Type)

Signature of Parent/Guardian

Date

2019 INSTRUCTIONAL DRYLAND ALPINE SKI RACING CAMP

ENROLLED CAMPER BEHAVIORAL CONTRACT

NAME of CAMPER: _____

NAME(s) of PARENT(s) / LEGAL GUARDIAN: _____

PARENT / LEGAL GUARDIAN: Please read AND sign the following Enrolled Camper Behavioral Contract. **THIS CONTRACT IS IMPORTANT!** Please read it and consider it as seriously as do we! **Please remember that your child cannot participate in the camp without a signed Behavioral Contract in the possession of our camp management.**

I certify that my child and I have received and have completely read and reviewed the STOWE DRYLAND CAMP BASIC RULES OF CONDUCT AND RESPONSIBILITY included in this information package. I further certify that my child and I acknowledge our understanding of the 12 “Rules” and our pledge to adhere to them.

In sum, we acknowledge that all enrolled campers must act in a manner consistent with the philosophy of the Camp. The focus of the camp is on instruction and education in the context of a personalized community environment. As such, respect for oneself and all other campers, coaches, counselors, medical staff, and support staff is critical and essential.

Should my child violate any of the rules listed under the STOWE DRYLAND CAMP BASIC RULES OF CONDUCT AND RESPONSIBILITY, I expect to be asked to immediately travel to the Camp site to withdraw my child from the Camp and to remove my child from the Camp HQ & Lodging site. If requested, I will immediately and willingly comply with such request. I understand that any and all inconveniences, hardships, financial and other costs incurred as a result of such action requested by the Camp Director or Executive Director are to be borne directly & entirely by me. Neither the Camp nor its staff will bear any responsibility nor financial or other costs. No tuition refunds will be forthcoming.

In addition to all other possible reasons for dismissal from Camp, for each of the following violations of Camp Policy, “Zero Tolerance” is the standard. I will be immediately notified and will comply with a request to travel to camp to pickup and remove my child from Camp if he/she violates any of the following rules:

1. Failure to stay with group and counselors/coaches AT ALL TIMES while under supervision of Camp program.
2. Possession of or smoking or other use of tobacco products.
3. Possession of or use of alcohol or other (non-prescribed by physician or parent) drugs of any kind.
4. Any behavior that the Camp staff deems a threat to my child’s personal safety or to the safety of any other enrolled camper or staff member or other citizen or guest of the towns and organizational facilities upon which we are permitted to carry on Camp activities.
5. Any recognized attempt (successful or otherwise) to willfully damage any fellow campers’ personal property, any Camp or Camp coach property, any property of organizations upon whose facilities we are permitted during Camp or whose equipment we use during Camp.
6. Presence of boy in girls dorm. Presence of girl in boys dorm.

Parent/Guardian Name (Print or Type) Signature of Parent/Guardian Date

Optional Signature:

Enrolled Camper Name (Print or Type) Signature of Enrolled Camper Date

2019 INSTRUCTIONAL DRYLAND ALPINE SKI RACING CAMP

ENROLLED CAMPER QUESTIONNAIRE AND SURVEY

The purpose of the following series of questions is to create and structure an optimal curriculum for your Instructional Dryland Alpine Ski Racing Camp. Please be brief, yet candid with your answers. YOU WILL NOT BE JUDGED BY YOUR ANSWERS. WE SIMPLY WANT TO ENSURE THAT YOU WILL GET MAXIMUM BENEFIT -- AND FEEDBACK -- FROM THE CAMP.

NAME: _____ M/F: _____ AGE: _____ GRADE ENT: _____ HT: _____ WT: _____

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In what other organized sports do you participate?

Do you participate in Dryland Ski Training (outside of this camp)? YES _____ NO _____

If YES, WITH TEAM? _____ or INDIVIDUALLY? _____ or BOTH? _____

If you do dryland train, for approximately how many weeks per year do so? _____

If you do dryland train, would you characterize your training as:

Skiing specific skills development? Y / N

General physical skills development? Y / N

Physical conditioning? Y / N

❖ DO YOU IN-LINE SKATE?: YES _____ NO _____

❖ IF YOU DO IN-LINE SKATE, What is your self-rated ability level?: Beginner _____ Intermediate _____ Advanced _____

In which Alpine Racing Events do you participate? Downhill _____ Super G _____ GS _____ Slalom _____

Are you a registered USSA Skier?

If so, what Junior Level designation will you be this coming winter? _____

If applicable -- and if known -- what is your USSA points rating? _____

Do you participate in a weight training program? YES _____ NO _____ If so, what types of lifting do you do?

ON THE BACK OF THIS SHEET OF PAPER:

- (1) Briefly describe your strengths and weaknesses as an Alpine Ski Racer.
- (2) Briefly outline your goals for this coming winter racing season.

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Medical Services Information

PARENTS: We will give you the option of providing us with a valid MASTERCARD or VISA credit card number & expiration date when you arrive for registration on the opening day of camp.

Should medical attention be required by your son or daughter during the camp, four options are available:

- STOWE URGENT CARE is located in Stowe on the Mountain Road (Route 108), Baggy Knees Shopping Center
- STOWE FAMILY PRACTICE is located in Stowe on the Mountain Road (Route 108).
- COPLEY HOSPITAL is located in Morrisville, VT (10 miles north of Stowe on Route 100).
- FLETCHER ALLEN HEALTH CARE is located in Burlington, VT (1 hr northwest of Stowe on I-89)

Medical attention for non-residents at each of the facilities typically needs to be accompanied by payment at the time services are rendered. Some insurance plans are recognized by the medical facilities identified above. Many plans are not. In any case, reimbursement is available from your insurance carrier upon submission of receipts which our athletic trainer would collect for you.

Without a valid credit card on hand, treatment may be delayed until a parent or guardian can be contacted for purposes of determining the actual method of payment required prior to authorization of such treatment. Remember, this may happen even though you have a valid insurance program. Typically, your insurance program will reimburse you after the fact.

In the event that your child is not covered by medical insurance, our camp medical insurance program would then provide coverage. However, as with other insured treatments, such coverage is typically provided as a reimbursement after the actual treatment.



During the camp, your child will be a guest at the Round Hearth Lodge at Stowe and at all training facilities.

In the unlikely event of willful damage to any property, the offending party will be responsible for replacement or repair. PLEASE NOTE THAT YOUR CHILD IS NOT RESPONSIBLE FOR ACCIDENTAL DAMAGE OR NORMAL WEAR AND TEAR THAT MAY OCCUR.

In all cases, we will discuss the situation with you directly before making any assessment of payment due for damages caused.

Please note that, to date, we have never had an incident where malicious and/or intentional damage has occurred.

THANK YOU FOR YOUR UNDERSTANDING AND COOPERATION.

2019 DRYLAND SKI CAMP

Consent to Photograph

I/We hereby consent to allow the use of voice, video, image or likeness in photographs and/or video for my child(ren)

1. _____
2. _____
3. _____

by Stowe Dryland SkiCamp.

The permission for use of any of the media above is allowed for:

- Newsletters
- Brochures
- Facebook
- Company Website

I understand this Waiver is in effect until I provide, in writing, a cease order. I/We also agree to forego any right or entitlement I/We might have to any compensation or fees, except for a waiver fee of one dollar (\$1.00).

Finally, I/We agree that I/We am/are the legal guardian(s) of the above named children.

Parent/Guardian Signature Date

Stowe Area Lodging Information

Interested in a vacation while your child is at camp? Go to www.gostowe.com for a complete list of lodging properties in the Stowe Area.

In-Line Skate and Mountain Bike Rentals

If your camper needs in-line skate or a mountain bike rental, please contact Brandon or Don at the Nordic Barn at 4081 Mountain Road in Stowe. Their phone number is 802-253-4531. Please call for rates on skates and bikes. Their supply of skates is limited so please do not delay.

Please send all forms and final payment for camp to:

The Round Hearth at Stowe
39 Edson Hill Road
Stowe, VT 05672