

**OPEN AIR CAMP**  
**FOR**  
**NCD FREESTYLE TEAM and OTHER SKIERS**  
**June 23<sup>rd</sup> and June 24<sup>th</sup>, 2007**

NCD Freestyle is organizing a freestyle air training camp at the ramp facility in Lake Placid, New York.

Training will include water ramp and trampoline. All trampolines are equipped with safety harnesses, and one has a bungy rig. The ramp surface has plastic bristles and the athletes will be going around 30-40 km/h off the jump.

**Camp dates are Saturday, June 23rd and Sunday June 24th** (Athletes are advised to arrive Fri. evening)

**Participation pre-requisites**

This is an open camp however it is hoped that all those candidates interested in trying out for one of the 2007-08 NCD Freestyle teams will participate.

**COST: \$125**, which includes coaching and ramp fees. **Accommodation is not included and participants must arrange for this on their own. If you wish to stay at the Jack Rabbit Hostel, the phone is 518-523-0123.** **ALL PARTICIPANTS** must have CFSA membership, which is **NOT** included in the \$125 and is valid for other camps and for the 2008 ski season. It can be obtained through on-line registration at <http://www.freestyleski.com/eng/memberservices/services.htm>. Participants are also expected to car pool for transportation and provide for their own meals.

The coach will be Jon Perry and assisted by Jon Stern should there be sufficient numbers. Jon Perry is a qualified NCCP and CFSA Level II Air & Mogul Coach. Jon Stern is in the process of becoming NCCP Level 2 Air Coach.

The spots fill on a **first-come, first-served basis** as registrations are **received in the mail** by the Perry's, so please ACT NOW!! (Camp max: 20 - 24 participants.) Please note that this is an *unsupervised* camp – we highly recommend that the younger participants be accompanied by their parents. **Note that all participants must arrange for their own accommodations for this camp.**

Should you require additional information please contact:

Jon Perry, at:  
(613)-832-3640

E-mail: [j\\_w\\_perry@hotmail.com](mailto:j_w_perry@hotmail.com) or  
Jack Perry at (613)-832-3640

E-mail : [jackperry@canada.com](mailto:jackperry@canada.com)

Please check out the NCD Freestyle  
Skiing Web Site at

[www.ncdfreestyle.com](http://www.ncdfreestyle.com)

### **What participants should bring:**

- ◆ 2 pairs of skis with bindings (140-170 cm's depending on athlete's height)
- ◆ Ski Poles
- ◆ Canadian Standards Association (CSA) approved helmet
- ◆ DOT approved life jacket
- ◆ **Wetsuit (optional but definitely recommended just in case)**
- ◆ ~~Ski or paraffin wax (cooking wax)~~ **no longer required because of new surface**
- ◆ Sweat suit and running shoes
- ◆ Sunscreen
- ◆ Bathing suit and towel
- ◆ Rain gear
- ◆ Warm clothing and maybe life for inside the wet suit

You will also need to bring warm clothing and toiletries for the weekend.

### **Identification**

Because the camp is taking place in the U.S., proper photo I.D. is required (e.g. passport), as well as parental permission for those under 18 attending without parents.

### **Insurance & Waivers**

All participants must be members of the Canadian Freestyle Ski Association.

**IMPORTANT: participants must provide their own *personal travel medical insurance*. Athletes must have proof of travel insurance at the ramps for the whole weekend. *OHIP and Quebec Prov. insurance is ALSO required.***

Participants will also have to **sign a waiver** form required by the Lake Placid facility. Participants under the age of 18 must have these forms co-signed by their parents (can be sent to parents in advance – contact Mike Crichton if you need one). **The waiver is very important: no completed waiver, no jumping!**

### **Registration**

Please fill out the attached registration form and send it back **with payment** ASAP.

#### **Deposit, Payment, Refund & Cancellation policy**

- ◆ Full payment must be received by the indicated registration deadline.
- ◆ All cancellations shall be charged a \$25.00 administration fee.
- ◆ Cancellation within 3 days of the start of the camp will only be refunded 50% of total fee.
- ◆ Full refunds shall only be given if Camp is cancelled.

#### **Cost & Payment:**

**Camp Price: \$125.00**

**(excluding CFSA membership)**

**Due by June 3<sup>rd</sup>, 2007**

Cheques payable to **"NCD Freestyle"**

NSF cheques will be charged additional **\$25.00**.

Please forward cheque payable to "NCD Freestyle"

To: **Susan Perry**

**3720 Armitage Ave.,**

**Dunrobin, Ontario**

**K0A-1T0**



# NATIONAL CAPITAL DIVISION FREESTYLE SKI ASSOCIATION

3720 Armitage Avenue, RR#1, Dunrobin Ontario, K0A 1T0  
TEL: (613) 832-3640 Email: [www.ncdfreestyle.com](http://www.ncdfreestyle.com)



## REGISTRATION FORM

### PLEASE PRINT AND COMPLETE EACH SECTION

Name: \_\_\_\_\_ Gender: M  F   
First Name Last Name

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

Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_ E-mail: \_\_\_\_\_

Date of Birth: D/\_\_\_ M/\_\_\_ Y/\_\_\_ Discipline: Moguls  Aerials  Table Top  Half-Pipe  Ski-X

### MEMBERSHIP/LICENSE/PROGRAM FEES:

- CFSA General Membership** \$ XX Must be paid separately on-line, prices per on-line registration  
(member with accident insurance)
- Note: This must be paid separately on-line at web site <http://www.freestyleski.com/eng/memberservices/services.htm>

### OTHER FEES:

- NCD Water Ramp Camp** \$ \_\_125.00\_\_

### TOTAL REMITTED:

Please submit to the National Capital Division Freestyle Skiing Association (Cheques payable to "NCD Freestyle") \$ \_\_125.00\_\_

I recognize that skiing entails serious risks. Consequently, I relinquish all rights to an appeal of any kind, including the right to an appeal for bodily and material damages, regardless of the cause, against the National Capital Division Freestyle Ski Association, its officers, employees, assignees, agents, representatives, and sponsors, even if such damages result from negligence of the National Capital Division Freestyle Ski Association, its officers, employees, assignees, agents, representatives, and sponsors.

Without restricting the generality of the preceding, I also relinquish the right to any appeal against the National Capital Freestyle Ski Association, its officers, employees, assignees, agents, representatives, and sponsors resulting from a decision on their part, regardless of the nature of this decision.

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I also recognize that skiing entails serious risks. Considering \_\_\_\_\_'s participation, I also relinquish all rights to an appeal of any kind, including the right to an appeal for bodily and material damages, regardless of the cause, against the National Capital Division Freestyle Ski Association, its officers, employees, assignees, agents, representatives, and sponsors, even if such damages result from negligence of the Canadian Freestyle Ski Association, its officers, employees, assignees, agents, representatives, and sponsors.

**NOTE:** Authorization is needed for Aerials/Inverts by parent or Guardian if registrant is less than 18 years of age.

Signature of parent or guardian: \_\_\_\_\_ Date: \_\_\_\_\_