

Ski School: Oregon Nordic Club-Willamette Chapter

GENERAL DESCRIPTION: Training is appropriate for beginner through intermediate levels. The school teaches, reviews, and gives you an opportunity to practice cross-country skills. Membership is required for participation in the Ski School. COST: \$47.00 per student for trail passes and group lesson. Rental skis are available from Hoodoo for \$10.

ON THE SNOW SESSION: Saturday, January 27, 2024 at Hoodoo's groomed Nordic trails. The on snow day combines a group lesson, taught by Hoodoo's PSIA certified nordic instructors, and a practice session with mentoring by ONC's experienced skiers. Return at approximately 5:00 PM. The focus will be on the demonstration and practice of fundamental cross-country skiing skills.

Students are responsible for their own food, water, equipment, and transportation. Car-pooling is encouraged. The club will offer several beginner ski tours during the remainder of the ski season so you can practice your skills. Plus, as a member of the club, you can attend monthly meetings and you will receive the club newsletter.

WAIVER: By signing below, I release the Oregon Nordic Club, Hoodoo, and the US Forest Service from any liability for any injury that may occur while participating in the ski school. I realize there are risks in participating in this outdoor sport, and that some risks are unforeseeable. I give this release freely, with full knowledge that this is a hazardous sporting activity. I will also hold the club, its officers, and the individual instructors harmless for my use or misuse of the information presented.

Name (Print) _____ Signature _____

Nordic Club Member (Y/N) ___ Home Phone _____ Day Phone _____

Street Address _____ City _____ Zip _____

Email _____

Send application to: Oregon Nordic Club, PO Box 181 Salem, OR 97308. For more information, please contact

Bob Young.

