



October 02, 2014

To: TCSS Members and Friends
From: Ulrich Fink
Re: 2014-2015 Long Track Skating

TCSS is offering supervised long track skating sessions at the Roseville Oval. The coached TCSS sessions are on Thursday nights. Attached are the forms and waivers for skating long track this season.

For safety reasons, the long track program will only be available for Silver/Gold team skaters. However, we do plan to host a few long track open skating opportunities for all TCSS skaters about once a month at The Oval.

When: Thursdays, November 13, 2014 through February 26, 2015 (15 sessions)
Holiday weeks – switch to Tuesday, December 23 and Tuesday, Dec. 30
Time: 7:00-8:30 p.m.
Cost: \$290 (\$240 ice/\$50 coaching)
Coaching: Long track coaching will be provided by Melissa Dahlmann. Steve Miller, Susan Sandvig-Shobe, Greg Oly and Anthony Christie will also be assisting throughout the season.

If skaters would like to participate in long track weekend time trials/pack racing, there will be a weekly signup at The Oval and \$20 per day of racing will be collected directly by GMSA on the day of the race.

Want to skate at The Oval more than 1x/week? Below is a summary of the skate plans offered.

Membership Fee for Twin Cities Speedskating: \$25 (short track members do not need to pay this again)

PLUS

Full Ice: \$600 + \$25 if TCSS membership is needed (\$550 ice/\$50 for Thursday TCSS coaching)

Skater can attend all GMSA contracted practice ice at The Oval. In addition to the TCSS Thursday night session, skater can attend on Tuesday, Wednesday or during the weekends. Skater can also participate in all local pack and metric time trials for no additional cost. **NOTE: TCSS coaching will only be provided at the Thursday session.**

Partial Ice: \$450 + \$25 if TCSS membership is needed (\$400 ice/\$50 for Thursday TCSS coaching)

Skater can attend 25 GMSA contracted practice ice sessions at The Oval. In addition to the TCSS Thursday night session, skater can attend 10 additional sessions on a Tuesday or Wednesday. Skater can also participate in all local pack and metric time trials for an additional \$20 per day of racing. **NOTE: TCSS coaching will only be provided at the Thursday session.**

TCSS Ice: \$290 + \$25 if TCSS membership is needed (\$240 ice/\$50 for Thursday TCSS coaching)

Thursday night only. Skater can also participate in all local pack and metric time trials for an additional \$20 per day of racing. **NOTE: TCSS coaching will only be provided at the Thursday session**

Questions? Please contact Ulrich Fink at ulrich_fink@irco.com or twincitiesspeedskating@gmail.com

Payment should be made out to: TCSS

Mail check/forms to TCSS or give to Uli at short track practice (DO NOT SEND TO GMSA)



TCSS WAIVER:
Long Track
2014-2015

Athletic Waiver & Release of Responsibility for 2014/2015 ** LONG TRACK

NOTE: THIS RELEASE OF LIABILITY AND WAIVER AGREEMENT MUST BE READ AND SIGNED BEFORE THE PARTICIPANT IS PERMITTED TO TAKE PART IN THE 2014-2015 TWIN CITIES SPEEDSKATING SEASON AT THE ROSEVILLE OVAL, ROSEVILLE, MN, THE PLYMOUTH ICE CENTER, PLYMOUTH, MN BY SIGNING THIS AGREEMENT, THE PARTICIPANT AFFIRMS HAVING READ IT.

In consideration of my involvement in the sport and activities under the auspices of U.S. Speedskating, I acknowledge, appreciate and agree that:

1. **I risk bodily injury, including paralysis, dismemberment, disability and death**, and while particular rules of my sport, equipment, and personal training and discipline may reduce this risk, this risk of injury does exist, as well as the risk to damage to or loss of property;

2. **I knowingly and freely assume all such risks**, both known and unknown, **even if arising from the negligence of the releasees or others**;

3. I willingly agree to comply with the stated and customary terms and conditions for participation. If however, I observe any unusual or unnecessary hazard during my presence or participation, I will bring such to the attention of the coach, club officials or the city, and refuse to use the unsafe facility or equipment. I will provide all personal equipment and protective devices and keep such equipment and items in proper condition.

4. **I, for myself, and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release, hold harmless and promise not to sue U.S. Speedskating, the Greater Minnesota Speedskating Association, Twin Cities Speedskating Club (TCSS), TCSS Officers/Board Members/Coaches/Volunteers, the Plymouth Ice Center, the city of Plymouth, the Roseville Oval, the city of Roseville, the International Olympic Committee, the United States Olympic Committee, the International Skating Union or other sponsoring organizations, their officers, volunteers, staff, sponsors and/or agents (*releasees") with respect to any and all injury and loss arising from my participation, whether caused by the negligence of the releasees or otherwise, except that which is the result of gross negligence or wanton misconduct.**

5. I will enroll as a member of US Speedskating within seven (7) days of becoming a TCSS member. If I am currently a member, I will keep my membership up-to-date and will provide documentation to TCSS of my renewal in July of the current year. I will complete and submit the necessary documentation needed by US Speedskating to become a member in good standing.

I have read this release of liability and Waiver Agreement, fully understand its terms and sign it freely and voluntarily. I also acknowledge that I/we cannot participate in this program without a signed release of liability.

Participant PRINTED NAME Participant SIGNATURE Date

FOR PARTICIPANTS OF MINORITY AGE (Under Age 18 at the Time of Registration)

This is to certify that I/we as parent(s)/guardian(s) with legal responsibility for this participant, do consent and agree not only to his/her release, but also for myself/ourselves and my/our heirs, assigns and next of kin to release and indemnify the Releasees from any and all liability incident to my/our minor child' s involvement as stated above.

Parent/legal guardian PRINTED NAME

Parent/legal guardian SIGNATURE

Date

Participant PRINTED NAME

Participant SIGNATURE

For GMSA Use: Date
Check #: Amount:
Birth Cert: Attached On File

GMSA/Twin Cities Speedskating Form



Greater Minnesota Speedskating Association 2014-2015 Membership/Long Track Application

Name (Last/First): _____

Gender: M or F Birthday: _____ Club: _____ Twin Cities Speedskating _____

USS #: _____ USS Division: (i.e. pony, junior, master) _____
(REQUIRED & must be renewed yearly)

Address: _____
(street) (city/state) (zip)

Phone: _____
(home) (cell)

E-mail: _____

If skater is a minor...

Mother/Guardian: _____

Father/Guardian: _____

Phone: _____

Phone: _____

E-mail: _____

E-mail: _____

Payment enclosed for = TCSS Membership Coaching TCSS-1x wk Partial Full

GREATER MINNESOTA SPEEDSKATING ASSOCIATION: 2014-2015 membership waiver & release

Note: This form must be read and signed before the participant is permitted to take part in any travel, training, competition, meeting or testing sessions. By signing this agreement, the participant affirms having read it.

In Consideration of my involvement in the sport and activities under the auspices of the Greater Minnesota Speedskating Association, I acknowledge, appreciate, and agree that:

- I risk bodily injury, including paralysis, dismemberment, disability, and death, and while particular rules on my sport, equipment, and personal and personal training and discipline may reduce this risk, this risk of injury does exist, as well as the risk of damage to or loss of property;
- I knowingly and freely assume all such risks; both known and unknown, even if arising from the negligence of the releasees or others;
- I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual or unnecessary hazard I will bring such to the attention of the nearest official, and; I for myself, and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release, hold harmless and promise not to sue the Greater Minnesota Speedskating Association, US Speedskating, or other sponsoring organizations, their officers, coaches, volunteers, staff, sponsors and/or agents; release with respect to any and all injury and loss arising from my participation, whether caused by the negligence of the releasees or otherwise, except that which is the result of gross negligence or wanton misconduct.
- I agree to allow my name and photographs or video of me to be used in promotional materials and press releases on behalf of GMSA.

I have read this Release of Liability and Waiver Agreement, fully understand its terms and sign it freely and voluntarily.

_____/_____
Participant Name (PRINT) Participant Signature Date

For Participants of Minority Age (under 18 at the time of registration) This is to certify that I/we parent(s)/ guardian(s) with legal responsibility for this participant, do consent and agree not only to his/her release, but also for myself/ourselves and my/our heirs, assigns, and next of kin to release and indemnify the Releasees from any and all Liability incident to my/our child's involvement as stated above.

_____/_____
Parent/Legal Guardian Name (PRINT) Parent/Legal Guardian Name Date