



2014 Texas Summer Camp at Ft. Lewis College

The Texas and Utah League summer camp is a great way for riders with to improve their skills, hang out with riders from other leagues, teams, and have a good time riding bikes and learning about the bigger world of mountain biking! Hosted by League staff and top-notch League coaches and Ft. Lewis College; summer camp is a great way to finish / start off the 2014 season and prepare for the rest of a rider's high school career. **Registration is on a first come, first serve basis and space is limited to 40 student athletes per 1 week camp.**

Each camp will be 1 week in length and is offered to both the Texas and Utah Leagues. The first week of camp will be July 12 to July 20, 2014. The second week of camp will be July 27 to August 3, 2014.

For Texas League Campers, camp will begin at 8 AM CST on the first day of the week (July 12 for week 1 and July 26 for week 2). Texas League Campers will meet at West Lake High School (4100 Westbank Dr. Austin, TX) in the auditorium parking lot. The drive to Durango, CO is 14 hours long. Texas League Campers will spend a night in Clovis, NM on the way to camp and Lubbock, TX on the way back from camp.

For Utah and Arizona League Campers, camp will begin at 9 AM MST on the second day of the week (July 13 for week 1 and July 27 for week 2). Utah League Campers will meet at a place to be determined. This is due to the 6.5 hour drive to Durango, CO. .

Both League Campers, should arrive in Durango, CO by approximately 4 PM MST on July 13 and July 27.

Utah League Campers will return to Utah on July 19 and August 1 by approximately 4 PM MST. Texas League Campers will return to Texas on July 20 and August 3 by approximately 4 PM CST.

Riders will be treated to a combination of skills training, epic rides, timed events, seminars on training, the mountain bike industry, sustainable trails, and maybe even an afternoon on the river! Riders will be staying in dormitories and will have full breakfast, lunch, and dinner each day.

Riders will be put into "teams" of similar level which will each be led by a NICA licensed Head and Assistant Coach. They will progress through the week with their team under the guidance and supervision of their coaches and NICA camp staff.

Please note that space is limited and filled on a first-come first-served basis.

The cost of the camp is \$1,400 per rider. This covers all expenses during the camp, with the exception of incidentals. Riders from other leagues will need to travel to Durango, CO at their own expense.

Texas League Camper Scholarships are available and encouraged for families who would not otherwise be able to offer this opportunity to their student athlete(s). Please include the [scholarship form](#) with your application if you would like to apply for a scholarship. The initial scholarship deadline is March 1, 2014. However, scholarship applications will be accepted at any time until the final payment deadline.

Utah League Camper Scholarship information will be published shortly.

For any questions on camp, to reserve your spot, or to ask about scholarships; please email vance@texasmtb.org.

To Register and secure a spot: Fill out, sign, and mail in all the forms with the \$150 deposit to:

Texas High School Mtb League

Attn: Vance McMurry

1811 Real Catorce

Austin, TX 78746

Payment: Payment can be made by sending a check with your registration paperwork or by sending the appropriate amount via PayPal to vance@texasmtb.org. Feel free to email to ensure payment and paperwork have been received!

The payment deadlines are:

- **Non-refundable \$150 deposit by 21 March 2014.**
- **50% (less \$150 deposit), \$550 by 1 April 2013**
- **100% by June 1, 2013.**

Directions and details: Registered riders will receive an email with final details prior to camp. Camp is headquartered at Ft. Lewis College in Durango, CO. <http://www.fortlewis.edu/>

Please contact Vance McMurry, Texas League Director, at vance@texasmtb.org with any questions.



SUMMER CAMP REGISTRATION FORM

Name: _____ Age: _____ Team: _____

Address: _____ City: _____ State: _____ Zip: _____

Parent's Name: _____ Phone: (H) _____ (C) _____

Student E-mail: _____ Parent E-mail: _____

Do you have any special dietary restrictions, food allergies, or are you vegetarian? _____

Which week of camp would you like to attend? 12 July or 26 July

<p>Any special considerations for your student athlete:</p>	<p>Experience <i>(check any that apply)</i></p> <p>____ Completed One Year</p> <p>____ Completed Two or More Years</p> <p>____ Raced Freshmen / Sophomore</p> <p>____ Raced JV</p> <p>____ Raced Varsity</p> <p>____ Write in highest place finished in any race</p>
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<p>Payment</p> <p>\$_____ 9 Day Camp</p> <ul style="list-style-type: none"> • \$1,400 with transportation • \$700 without transportation <p>\$_____ Total Payment</p> <p>Payment Method:</p> <p><input type="checkbox"/> A check payable to Texas High School Mtb League</p> <p>Or</p> <p><input type="checkbox"/> Paypal to vance@texasmtb.org</p>	<p>We are including the following <i>required</i> items:</p> <p><input type="checkbox"/> Registration Form</p> <p><input type="checkbox"/> Medical Release Form</p> <p><input type="checkbox"/> Media Release Form</p> <p><input type="checkbox"/> Agreement to Participate and Release of Liability Form</p> <p><input type="checkbox"/> A check payable to</p> <p style="text-align: center;"><i>Texas High School Mtb League</i></p> <p>Mail to:</p> <p style="text-align: center;">Texas High School Mtb League Attn: Vance McMurry 1811 Real Catorce Austin, TX 78746</p>
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Medical Release Form

To be filled out by the parent/legal guardian and returned to the League. Please read and check off the following, fill in and sign where indicated.

I, _____ have registered my son/daughter
_____ for a Texas High School Mtb League Clinic/Camp.

Please check all that apply:

My son/daughter is in good physical and mental health and is able to participate fully in the Texas High School Mtb League Camp. She/he has **NO** medical conditions.

My son/daughter has the following medical condition(s). (Please provide more information on the back of this sheet if necessary).

My son/daughter has asthma and will have an inhaler with him/her at camp. Please provide more information if necessary:

My son/daughter is on the following prescription medications. Please indicate if she/he is or is not able to self-administer these medications while at camp, if applicable.

I authorize the League's staff to give my child Ibuprofen in the event she/he needs it.

Please complete the following emergency contact information:

Emergency Contact #1: _____ Tel No. _____

Emergency Contact #2: _____ Tel No. _____

On this form I have provided comprehensive and accurate medical information about my son/daughter to the Texas High School Mtb League. If the League is not able to reach myself or the emergency contacts I have provided, I authorize the Texas High School Mtb League's staff to drive my son/daughter to the nearest emergency room to receive emergency medical treatment.

Sign here

Print name

Date



Media/Photo Release Form

To be filled out by the legal parent/guardian and returned to the League. Please read and complete the information below.

I, _____ have registered my son/daughter
_____ for a Texas High School Mtb League Camp/Clinic.

Please check the appropriate line below.

_____ **YES**, I give my permission for the Texas High School Mtb League and outside media agents (newspapers, television, etc.) to take photographs, video, and otherwise document my child involved in the activities of this program. I give permission for any photographs or video material of my child to be used in publicity about the program and organization (website, promotional materials, newspaper/magazine articles, etc.)

_____ **NO**, I do not give my permission for the Texas High School Mtb League and outside media agents (newspapers, television, etc.) to take photographs, video, and otherwise document my child involved in the activities of this program. I do not give permission for any photographs or video material of my child to be used in publicity about the program and organization (website, promotional materials, newspaper/magazine articles, etc.)

Sign here

Print name

Date



Agreement to Participate and Release of Liability

National Interscholastic Cycling Association
805 Camelia St.
Berkeley, CA 94710
(510) 524-5464
www.nationalmtb.org

The undersigned hereby acknowledge that by signing this Agreement, they are assuming risks and agreeing to indemnify, not to sue, and agreeing to release from liability the National Interscholastic Cycling Association (hereinafter "NICA"), its chapters, subsidiaries, affiliates, officers, officials, agents, employees, coaches, leaders, instructors, volunteers, agents, sponsoring agencies, sponsors, members, participants, clubs, teams, riders and if applicable, owners and lessor's of premises used for activities (hereinafter collectively referred to as "Releasees"). It is further understood that the undersigned are giving up substantial legal rights.

In consideration of my voluntary participation in mountain biking events, the undersigned voluntarily makes the following agreements. The undersigned acknowledge that the sport of cycling, specifically mountain bicycling, is an inherently dangerous sport, including but not limited to dangers associated with man made obstacles or natural surface hazards, trees, logs, vegetation, water, pot holes, rocks, cold weather, extreme heat, rain, other bicycles, other riders, pedestrians, vehicles, fixed or moving objects, equipment failure, inadequate safety equipment, and use of equipment or materials provided. Safety equipment includes the use of a safety helmet, which the undersigned have selected and which satisfies the requirements of NICA, to protect against serious head injury.

The undersigned ACKNOWLEDGE AND FULLY ASSUME THE RISKS associated with participating in activities, as listed above and including the Releasees' own negligence and the negligence of others. The undersigned fully understand that mountain biking activities include the potential for serious physical injury, permanent paralysis and/or mental injury, disability or death, loss or damage to person or property associated with presence or participation in the activity. The undersigned understand that particular skills, equipment and personal discipline may reduce the risks, but that risk of serious injury exists.

The risks include, among other things: the dangers of collision with pedestrians, vehicles, other riders, and fixed or moving objects; the dangers arising from surface hazards, including trail irregularity, equipment failure, inadequate safety equipment, use of equipment provided by NICA or others; dangers associated with man-made and natural jumps and stunts; motor vehicle accidents; the releases own negligence; the negligence of others; weather conditions; the possibility of serious physical and/or mental trauma or injury, or death associated with this program; slipping and falling; falling objects; water hazards; drowning; exhaustion; exposure to temperature and weather extremes which could cause: hypothermia, hyperthermia (heat related illnesses), heat exhaustion, sunburn, dehydration; and exposure to potentially dangerous wild animals, insect bites, and hazardous plant life.

On behalf of self, spouse, heirs, executors, administrators, legal representatives, assignees, and successors in interest (hereinafter collectively "Successors"), the undersigned hereby RELEASE, INDEMNIFY AND HOLD HARMLESS the Releasees. The undersigned hereby waive any and all rights and claims, including claims arising from the Releasees' own negligence, which the undersigned has, or which may hereafter accrue, and from any and all damages which may be sustained by the undersigned directly or indirectly in connection with, or arising out of, participation in or association with the events, including any activities incidental thereto, wherever or however the same may occur.

The undersigned participant agrees that it is their sole responsibility to be familiar with the event course and agenda and the Releasees' rules and any special regulations for the event. The undersigned agree to comply with Releasees' rules and regulations/stated and customary terms and conditions for participation. The undersigned participant agrees to ride and otherwise participate so as to neither endanger myself nor others. If the undersigned participant observes any unusual significant hazard during my presence or participation, the participant will remove themselves from participation and bring to the attention of NICA, said hazard immediately. The undersigned participant accepts full responsibility for the condition and adequacy of my equipment or any equipment provided for use. The undersigned participant agrees to wear a helmet, which satisfies the requirements of Releasees' racing rules and regulations, the purpose of which is to protect against serious head injury, and the undersigned assume all responsibility and liability for the selection of such a helmet.

The undersigned participant hereby certifies that I have no physical or medical condition which would endanger myself or others, or interfere with my ability to safely participate in this event.

The undersigned agree, for self and successors, that the above representations are contractually binding, and are not mere recitals. The undersigned understand that if claims are made against Releasees that the undersigned will be responsible for any costs and fees incurred by Releasees in defending the claims.

This Agreement may not be modified in any way, and not orally. This Agreement shall be effective for injuries now or which may hereinafter occur in the future, whether known or unknown.

The undersigned hereby agrees to hold harmless any and all Releasees, from any liability for ordinary negligence.

The undersigned hereby expressly agree that this Release and Waiver is intended to be as broad and inclusive as permitted by the laws of the State of California and that if any portion hereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

I have read the above carefully before signing and understand its terms, including giving up substantial legal rights.

_____	_____	_____	_____
Dated	Signature of Participant	Printed Name	Date of Birth
_____	_____	_____	_____
Home Phone #	Team/School (list both if they are different)	League	

CONSENT AND RELEASE OF PARENT OR LEGAL GUARDIAN

I am the parent or legal guardian of _____ (Participant). My child is fit for participation in the sport of mountain biking. I have read and understand the above Agreement, and agree to the Release of Liability as set forth above. In consideration of allowing my child to voluntarily participate, I consent to the Agreement and its terms shall likewise be binding on me, my child, my heirs, legal representatives and assignees. I hereby, for myself, my child and my heirs, **HEREBY RELEASE, INDEMNIFY, and HOLD HARMLESS** the Releasees, whether or not arising from the negligence of the Releasees.

I hereby release for myself and my child, and shall defend, indemnify and hold harmless the Releasees from any and all claims of liability that I or my child may allege against Releasees, (including reasonable attorneys fees and costs), as a direct or indirect result of injury or death due to my child’s participation in the activities offered by Releasees, whether caused by the negligence of the Releasees or others.

I have read the above carefully before signing and understand this waiver.

_____	_____	_____
Dated	Signature of Parent or Legal Guardian	Printed Name



CHECK LIST OF THINGS TO DO AND THINGS TO BRING

What to do before the camp:

- Be active. Ride your bike! Climb, climb, climb on your bike.
- Get your bike checked out and tuned by a professional
- Get plenty of rest the day before you come to camp

Check list of what to bring:

- Helmet
- Sunscreen
- Cell phone (if you like)
- Towels (for showering)
- Hydration pack (preferably large bladder) and/or 3 water bottles
- Bike...tuned up and in working condition
- Bike shoes that match your pedals!
- Cycling jerseys (at least 3)
- Padded cycling shorts (lycra or baggy/at least 3)
- Windbreaker or rain jacket
- Gloves
- Cycling socks (nylon or other synthetic fabric is better than cotton)
- Sports bras
- Sunglasses
- Tubes, inflation device, & multi-tool
- Cap/Hat/Visor
- Shoes/Sandals
- Trail food you prefer (we will have Clif and GU products available)
- Prescription medications
- Toiletries (for overnight & shower)
- Off-bike clothes (such as shorts, t-shirts, hoodie, jacket in case it gets cold at night)
- PJ s(appropriate for group setting)
- \$50 cash