



OMS Freestyle  
WATER RAMP CAMPS  
Summer 2009



Improve your  
**AIR AWARENESS.**

<Graham Bunt, OMS Freestyle Ramp Camp '08



Graham Bunt, Giraffie Park Invitational '09 >



Build  
**CONFIDENCE.**

< Christian Backe, OMS Freestyle Ramp Camp '08

Step up your game.



Jace Provance, OMS Freestyle Ramp Camp '08 >



...all in a  
*safe,*  
**controlled,**  
**coaching environment...**

< Katie Craig, OMS Freestyle Ramp Camp '08



...so you may reach  
*your*  
***Competitive Potential!!***

< Dale Talkington, OMS Freestyle Ramp Camp '08



^ Dale Talkington, Dumont Cup '09

**Thank you for your interest in  
OMS FREESTYLE  
Water Ramp Camps 2009**

**Below you will find all of the information you will need regarding our camps for the Summer of 2009.  
Please complete the registration form and waivers and send, with a check, by 5/1/09.**

**Spots will not be held until payment is received!!**

**The Camp...**

- OMS FREESTYLE Water Ramp Camps give our athletes the chance to learn and practice new air maneuvers in a safe and controlled environment before taking them to the snow.
- We bring our campers from Ludlow to Lake Placid in vans operated by our own coaching staff and stay in a house/motel (depending on session) in Lake Placid, where we will have home-cooked breakfasts and dinners daily!
- Each day we spend in Lake Placid, we will be at the pool facility from 8AM until 3PM, during which time we have access to trampolines and the water ramps.
- We ensure a 4:1 athlete : coach ratio.
- Our camp is insured.

**What else???**

- Can I come and watch my kids jump? YES!! Parents are encouraged to come on over to Placid and check out the action.
- What will I learn? *Everyone* starts with some fundamental progression on tramps and ramps, but after that, it's a great idea to have some goals in mind when you come to camp...
- Can I learn flips? Yes, but you must perform 100 successful attempts on water in order to take it to snow.
- Of course, any other questions you may think up can be answered by emailing Marks at cmarks7@yahoo.com

**What to Bring...**

- skis (preferably an older pair, as they can break)
- ski boots
- helmet
- life vest (waterski style, not orange PFD)
- wetsuit (optional)
- mouth guard
- renewed (*for '09-'10*) USSA competitor's license
- proof of health insurance documentation
- money for lunch each day and spending money (i.e., movie, ice cream, etc.)
- bathing suit
- dry athletic shorts to tramp in after pool

**The Particulars...**

Session 1: 6/22-6/26/09

- Five full days of tramping and ramping
- Cost -- \$695
- Meet at OMS at 6:15 AM on the 22<sup>nd</sup>
- Team returns to OMS in the evening of the 26<sup>th</sup>.

Session 2: 8/1-8/7/09

- Six full days of tramping and ramping
  - One "break" day mid-week for hiking, relaxing, swimming, or other supervised activities.
  - Cost -- \$765
  - Meet at OMS at 6:15 AM on the 1<sup>st</sup>.
  - We return to OMS in the evening on the 7<sup>th</sup>.
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**OKEMO MOUNTAIN SCHOOL  
WATER RAMP CAMP  
Summer 2009**

**Waiver of Liability**

**I acknowledge:**

-I will be participating in the OMS camp which will include, but is not limited to the following activities: traveling in a vehicle operated by OMS staff, staying in overnight accommodations under OMS staff supervision, using the Lake Placid Olympic Regional Development Authority Water Ramp and trampoline facilities.

-Water ramping is dangerous and death or serious injury can occur.

-Any and all necessary precautions will be taken by OMS staff at all times to ensure safe participation in these activities.

**I DO FURTHER WAIVE any claim for damages which I may or might have by reason of injuries sustained by me in such participation in these activities, and do hereby release and forever discharge the Okemo Mountain School, Chris Marks, Mike Bruno, any sponsors and the officers and employees thereof, from any claim for damages against them or any of them which I may or might have by reason of injuries sustained in the participation in these activities, or for any other damages sustained in the use thereof.**

***ATHLETE***

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**SIGNATURE OF PARENT OR LEGAL GUARDIAN** \_\_\_\_\_

**DATE:** \_\_\_\_\_

**PRINT FULL NAME (ATHLETE)** \_\_\_\_\_

**DATE OF BIRTH:** \_\_\_\_\_ (mm) \_\_\_\_\_ (dd) \_\_\_\_\_ (yy)

**PRINT FULL NAME (PARENT / GUARDIAN):** \_\_\_\_\_

**EMAIL ADDRESS:** \_\_\_\_\_

**STREET ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_

**STATE/PROVINCE:** \_\_\_\_\_

**ZIP/POSTAL CODE:** \_\_\_\_\_



## **Freestyle Training Center Athlete's Code of Conduct**

As a participant at the Freestyle Training Center, the athlete must realize that they are a visible representative for the program they are in and the camp they attend. All athletes participating in a camp at the Freestyle Training Center will be required to follow the established Code of Conduct.

1. All participants are expected to abide by the Rules and Regulations of the Freestyle Training Center. Remember you are a guest at this facility and should treat all venue employees with courtesy and respect.
2. Participants are required to conduct themselves in a sportsmanlike manner at all times and to treat their coaches and teammates with sportsmanship and respect.
3. Use appropriate language. Vulgar or obscene verbal or body language is not permitted.

The signing of this contract indicates the athlete's willingness to abide by all rules and regulations.

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Parent/Guardian Signature

Date: \_\_\_\_\_

Date: \_\_\_\_\_



## RESPONSIBILITIES OF USER AND WAIVER

IN CONSIDERATION of permission granted to me by the NYS Olympic Regional Development Authority to use the following facilities; **Whiteface Mountain and facilities, Olympic Sports Complex and facilities, MacKenzie-Intervale Ski Jumping Complex and facilities, Olympic Center and Sheffield Speed Skating Oval and facilities, Gore Mountain and facilities, and U.S. Olympic Training Center and facilities** and equipment, including but not limited to: bobsleds, luge sleds, luge rockets, rental skis, snowboards, ski poles, children's sleds, tubes for sliding, ice skates, hockey sticks, helmets, rifles, curling stones, mountain bike and trampolines (collectively referred to as the "Sport Facilities and Equipment") in Lake Placid, New York.

**I expressly acknowledge:**

1. USE OF THE SPORTS FACILITIES AND EQUIPMENT IS A HAZARDOUS ACTIVITY WHICH COULD RESULT IN PERSONAL INJURY OR DAMAGE. I acknowledge that use of the Sports Facilities and Equipment is dangerous and I knowingly assume all risks of personal injury or damage I may suffer by using the Sports Facilities and equipment. I further acknowledge that since I am using the Sports Facilities at my own risk, the NYS Olympic Regional Development Authority bears no responsibility of any nature for any personal injury, damage or loss to my person or property arising out of or resulting from my visit to the Sports Facilities and Equipment use.
2. I am physically fit and possess the physical strength to meet my responsibilities as a user of the Sports Facilities and Equipment. I do not suffer from any medical condition that will be affected by my use of the Sports Facilities and Equipment. Further, I will not use the Sports Facilities and Equipment while under the influence of alcohol and/or drugs.
3. I agree to observe, read and abide by any and all notices as may be posted by the NYS Olympic Regional Development Authority which may pertain to my responsibilities as a user of the Sports Facilities and Equipment.
4. I grant permission to the NYS Olympic Regional Development Authority to utilize any photograph, videotape, motion picture, recording or other record of my use of the Sports Facilities for any business purpose.
5. I acknowledge that the use of the Sports Facilities and Equipment is a hazardous activity and that I could suffer personal injury, which may be serious, as a user.
6. I hereby expressly acknowledge my understanding and acceptance of the foregoing, and agree to assume all the risks of any personal injuries whatsoever which I may incur during my use of the Sports Facilities and Equipment on the following date (or dates):

I DO FURTHER WAIVE any claim for damages which I may or might have by reason of injuries sustained by me in such use of the Sports Facilities, and do hereby release and forever discharge the NYS Olympic Regional Development Authority, the Town of North Elba, the Village of Lake Placid, the State of New York, any sponsors and the officers and employees thereof, from any claim for damages against them or any of them which I may or might have by reason of injuries sustained in the use of the Sports Facilities, or for any other damages sustained in the use thereof.

**ATHLETE SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**FIRST NAME:** \_\_\_\_\_ **LAST NAME:** \_\_\_\_\_

**STREET ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE/PROVINCE:** \_\_\_\_\_ **ZIP/POSTAL CODE:** \_\_\_\_\_

**EMAIL ADDRESS:** \_\_\_\_\_ **DATE OF BIRTH:** \_\_\_\_\_

**SIGNATURE OF PARENT OR LEGAL GUARDIAN:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

\_\_\_\_\_  
(If user is under 18 years of age)

**PRINTED NAME OF PARENT OF GUARDIAN:** \_\_\_\_\_

The NYS Olympic Regional Development Authority may occasionally send you information and/or offers from our Olympic Venues and associated sponsors via email. At no time will your information be shared with others. Please check here if you do not wish to be added to our list: \_\_\_\_\_