



2017 SoCal Summer Camp

* Residential and Day Camping at
Mammoth Mountain, CA*
July 9-14, 2017

SoCal High School Cycling League
42222 Lakefront Drive
Aguanga, CA 92536
(818) 415-1133
www.socaldirt.org

SoCal summer camp is a great way for high school (incoming freshmen through incoming seniors) riders with **at least one season of NICA participation complete (camp is open to riders from ANY NICA League, incoming freshmen who participated in a middle school program are welcome)** to improve their skills, develop friendships with riders from other teams, and have a good time riding bikes and learning about the bigger world of mountain biking! Hosted by League staff and top-notch NICA coaches; summer camp is a great way to finish off the spring 2017 season or to prepare for the fall 2017 season as well as for the rest of a rider's high school career. **Registration is on a first come, first serve basis and space is limited.**

SoCal summer camp begins with registration the afternoon of Sunday July 9th and goes full bore until after breakfast on Friday July 14th. In between riders will be treated to a combination of skills training, epic rides, timed events, seminars, and the Mammoth Bike Park! Residential Camp riders will be staying in team rooms at the Mammoth Resort and will have breakfast, lunch, and dinner each day.

We are also offering a day camping option. Day camp riders will check in at the same time and have dinner with us Sunday evening. From there on they will come to camp after breakfast (bringing their own sack lunch) but have all activities, DINNER, and after dinner activities with Resident campers before returning to their guardian for the night.

Parents and guardians. Consider spending time in beautiful Mammoth Mountain while your rider is at camp! If you want to stay in a Mammoth owned property you can call 1-800-MAMMOTH and ask for discounted rates under the "SoCal High School Cycling League" room rate with booking ID #22895!

Campers will be put into "teams" of similar level which will each be led by a NICA licensed Level 3 Coach with additional NICA licensed coaches in support. They will progress through the week with their team under the guidance and supervision of their coaches and NICA camp staff. **Though there isn't a fixed performance requirement to attend camp, riders should expect a big week of epic riding at altitude. Riders who were routinely time cut during the season will likely find the camp too challenging. Do NOT come to camp without have done a solid amount of riding for the month leading up to camp to ensure you have good base fitness.**

Please note that space IS limited and filled on a first-come first-served basis and may sell out at any time. Camp registration price increases as we approach camp (see below for prices and cutoff dates). For any questions on camp or to reserve your spot; please email matt@socaldirt.org.

To Register: Fill out, sign, and mail in all the forms in this packet (or scan and email) with payment to:

SoCal High School Cycling League
42222 Lakefront Drive
Aguanga, CA 92536

Payment: Payment can be made by sending a check with your registration paperwork or by sending the appropriate amount via PayPal to matt@socaldirt.org with a note naming the camper and the memo "SoCal Summer Camp." *Feel free to email to ensure payment and paperwork have been received!*

Directions and details: Registered campers will receive an email with final details a week prior to camp. Camp is headquartered at the beautiful **Mammoth Mountain Inn.**

Please contact Matt Gunnell, SoCal League Director, at matt@socaldirt.org with any questions.



SUMMER CAMP REGISTRATION FORM

Name: _____ Sex: _____ Age: _____ Team: _____ League: _____

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

Parents Name: _____ Phone#: _____ E-mail: _____

Student Phone #: _____ **Student** E-mail: _____

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

<p>Camp Options</p> <p>_____ Residential Camp, Mammoth. July 9-14, 2017</p> <p>_____ Day Camp, Mammoth. July 9-14, 2017</p>	<p>Experience (<i>most recent season</i>)</p> <p>_____ Completed One Year</p> <p>_____ Completed Two or More Years</p> <p>_____ Did not race most recent season</p> <p>_____ Raced Middle School most recent season</p> <p>_____ Raced Freshmen most recent season</p> <p>_____ Raced Sophomore most recent season</p> <p>_____ Raced JV most recent season</p> <p>_____ Raced Varsity most recent season</p> <p>_____ Write in highest place finished in any single race</p>
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<p>Payment</p> <p>***camp may sell out at any time***</p> <p>\$ _____ Residential Camp (Paid by 01/31/17) \$900</p> <p>\$ _____ Day Camp (Paid by 01/31/17) \$500</p> <p>\$ _____ Residential Camp (Paid by 03/31/17) \$1,000</p> <p>\$ _____ Day Camp (Paid by 03/31/17) \$600</p> <p>\$ _____ Residential Camp (Paid by 05/31/17) \$1,100</p> <p>\$ _____ Day Camp (Paid by 05/31/17) \$700</p> <p>\$ _____ Residential Camp (Paid 06/01/17 or after) \$1,200</p> <p>\$ _____ Day Camp (Paid by 06/01/17 or after) \$800</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"/> NICA agreement to Participate and Release of Liability Form</p> <p><input type="checkbox"/> Mammoth Mountain Release of Liability Form</p> <p><input type="checkbox"/> A check payable to:</p> <p style="text-align: center;">SoCal High School Cycling League</p> <p>Mail to:</p> <p style="text-align: center;">SoCal High School Cycling League c/o Matt Gunnell 42222 Lakefront Drive Aguanga, CA 92536</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 SoCal High School Cycling 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 SoCal High School Cycling 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 SoCal High School Cycling League. If the League is not able to reach myself or the emergency contacts I have provided, I authorize the SoCal High School Cycling 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 SoCal High School Cycling League Camp/Clinic.

Please check the appropriate line below.

_____ **YES**, I give my permission for the SoCal High School Cycling 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 SoCal High School Cycling 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

MAMMOTH MOUNTAIN SKI AREA
Release of Liability and Indemnity Agreement
SoCal High School Cycling League Summer Camp 2017

Participant's Name: _____ Age: _____

READ CAREFULLY BEFORE SIGNING – THIS LIMITS YOUR LEGAL RIGHTS

I understand that the sports of skiing, snowboarding, tubing, snowmobiling, and other recreational activities (the "Sports and Activities") associated with this event (hereafter "Event") can be dangerous and involve the risk of injury and death. Despite the risk involved in the Sports and the Activities and in consideration of the right to participate in the Event, I VOLUNTARILY AGREE ON BEHALF OF MYSELF AND ANY MINOR CHILD OR DEPENDENT IDENTIFIED HEREIN TO EXPRESSLY ASSUME ANY AND ALL RISK OF INJURY OR DEATH which might be associated with participation in the Event and in the Sports and the Activities at Mammoth Mountain Ski Area, June Mountain Ski Area, or any other place where the Event may occur.

I understand this release is intended to cover all recreational, instructional, and related activities in which I/the minor may participate in connection with the Event. I understand that participation in the Sport and the Activities involves risks which are too numerous to spell out, but include, without limitation, variations in terrain and snow conditions, surface and subsurface snow conditions, bare spots, bumps, erosion control devices, rocks, cliffs, avalanches and all other slope hazards and obstacles. I also understand that participation in the Sport and the Activities involves risks posed by loss of control, collisions with others and collisions with natural and man-made objects, including trees, rocks, fences, lift towers, snow making equipment, over-snow vehicles, and vehicles. Personnel may give inadequate warnings or instructions, and the equipment being used might malfunction. Snowmobile engines discharge fuel and exhaust, which contain chemicals known to the State of California to cause cancer and birth defects or other reproductive harm. Other risks include the risks associated with loading, riding, and unloading ski lifts and using terrain parks, half pipes, rails and other features, using mountain transportation, walking in lodges and parking lots, using the buildings and premises, traveling in the mountains and beyond the ski area boundary, and participating in lessons, races and special events (collectively, "Use of the Facilities").

Furthermore, to the fullest extent permissible under law, I AGREE NEVER TO SUE AND TO RELEASE FROM LIABILITY MAMMOTH MOUNTAIN SKI AREA, LLC, THE UNITED STATES DEPARTMENT OF AGRICULTURE, UNITED STATES FOREST SERVICE, AND THEIR OWNERS, EMPLOYEES, AGENTS, LANDOWNERS, SPONSORS, AND AFFILIATED COMPANIES (hereafter "collectively referred to as "MMSA") for any damage, injury or death to me (or, if signing on behalf of my minor child, my child) arising from participation in the Event or the Use of the Facilities, regardless of cause.

I understand this is a RELEASE OF LIABILITY, which will prevent me or my heirs from filing suit or making any claim for damages in the event of injury or death to me/my minor child. Additionally, in the event I, my heirs, the user, or my legal representative files a lawsuit arising out of my/my minor child's participation in the Event or our Use of the Facilities, I AGREE TO DEFEND, INDEMNIFY AND HOLD HARMLESS MMSA for any damages, attorneys' fees or costs associated with or arising out of such a lawsuit. With the aforesaid fully understood, I nevertheless enter into this agreement freely and voluntarily and agree that it is binding upon me, my heirs, assigns and legal representatives. I also agree to indemnify MMSA for any and all claims brought by a third party which arise from the participant's or my participation in the Event or the Use of the Facilities.

If I am signing this Liability Release on behalf of a minor (less than 18 years of age): I represent and warrant that I am the parent and/or legal guardian of such Child and that the Child is in good health and there are no special problems associated with the care of the Child; I accept responsibility for all the Child's medical expenses incurred in connection with the Event and the Use of the Facilities; I agree to indemnify MMSA for any and all claims brought by the Child; and, I agree to indemnify MMSA for any and all claims brought by a third party arising in connection with the Child's participation in the Event and the Use of the Facilities.

I understand and agree that this agreement is severable and that if any clause is found to be invalid the balance of this contract will remain in effect and will be valid and enforceable. I agree that any action will be brought in the State of California, Mono County. Any and all disputes will be subject to and determined under the laws of the State of California, Mono County.

SIGNATURE OF PARTICIPANT: _____ DATE _____

Parent/Guardian: I verify that I am the parent/guardian of the minor. I have authority to enter this agreement on behalf of the minor. I agree to be bound by its terms.

PRINT NAME OF PARENT/LEGAL GUARDIAN: _____ RELATION _____

SIGNATURE: _____ DATE _____

THIS IS A RELEASE OF LIABILITY



CHECK LIST OF THINGS TO DO AND THINGS TO BRING

What to do before the camp:

- Be active. Ride your bike regularly before camp!
- 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
- Warm-weather sleeping bag
- Swimsuit
- Sunscreen
- Cell phone and charger (if you like)
- Towel (for swimming and/or showering)
- Hydration pack (preferably large bladder) and/or 3 water bottles**
- Bike: tuned and in working condition (*cross-country or trail bikes only: no DH bikes*)
- Bike shoes that match your pedals!
- Cycling jerseys (at least 3)
- Padded cycling shorts (lycra or baggy/at least 3)
- Windbreaker or rain jacket – just in case
- 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 some Clif, GU, and CamelBak products available)
- Prescription medications
- Toiletries (for overnight & shower)
- Off-bike clothes (such as shorts, pants, t-shirts, hoodie, jacket in case it gets cold at night)
- PJs (appropriate for group setting)
- \$30-\$50 cash (meals and activities are included in camp price as described but money for snacks and/or bike parts/repairs needed at a shop are not. One activity requires a \$7 cash bus ride.)