



2019 SoCal Summer Camp

* Residential and Day Camping at
Mammoth Mountain, CA*

July 14-19, 2019

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 2019 season or to prepare for the fall 2019 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 14th and goes full bore until after breakfast on Friday July 19th. 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.

Mammoth has extended discounted lodging to families wishing to stay at the resort while their student-athlete is at camp. To access please call **800-MAMMOTH (1-800-626-6684)** ASAP for reservations by referencing the group name **So Cal High School Cycling League or Booking ID: 27722**. Reservations are subject to the deposit and cancellation policies quoted online or by the vacation specialist. Please note applicable taxes and fees are subject to change at the time of your stay.

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 (this is not a "race" 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 and likely not have the best experience. 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 with payment to:

SoCal High School Cycling League

42222 Lakefront Drive

Aguanga, CA 92536

OR: Email scans of the completed forms to matt@socaldirt.org

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**.



SUMMER CAMP REGISTRATION FORM

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

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

Parent/Guardian Name: _____ P/G Phone#: _____ P/G Email:-mail: _____

Student Phone #: _____ **Student** E-mail: _____ **Student** T-Shirt Size: _____

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

<p>Camp Options</p> <p>_____ Residential Camp, Mammoth. July 14-19, 2019</p> <p>_____ Day Camp, Mammoth. July 14-19, 2019</p>	<p>Experience (<i>most recent season, complete all that apply</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 Level 1 most recent season</p> <p>_____ Raced Middle School Level 2 most recent season</p> <p>_____ Raced Middle School Level 3 most recent season</p> <p>_____ Raced Freshmen most recent season</p> <p>_____ Raced JV1 most recent season</p> <p>_____ Raced JV2 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 01/15/19) \$900</p> <p>\$ _____ Day Camp (Paid by 01/15/19) \$500</p> <p>\$ _____ Residential Camp (Paid by 03/15/19) \$1,000</p> <p>\$ _____ Day Camp (Paid by 03/15/19) \$600</p> <p>\$ _____ Residential Camp (Paid by 05/15/19) \$1,100</p> <p>\$ _____ Day Camp (Paid by 05/15/19) \$700</p> <p>\$ _____ Residential Camp (Paid 06/01/19 or after) \$1,200</p> <p>\$ _____ Day Camp (Paid by 06/01/19 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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MAMMOTH RESORTS
Release of Liability and Indemnity Agreement
{ SoCal League Summer Camp | July 14-19, 2019 }

Participant's Name: _____ Age: _____

READ CAREFULLY BEFORE SIGNING – THIS LIMITS YOUR LEGAL RIGHTS

I understand that the sports of skiing, snowboarding, tubing, snowmobiling, road or mountain biking, hiking, 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, Snow Summit Ski Area, Bear 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 and other equipment discharge exhaust which contains 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 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, SNOW SUMMIT, 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, including MMSA's NEGLIGENCE.

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 Sports, Activities, Event and 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 a court of competent jurisdiction. 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 - DO NOT SIGN IT IF YOU DO NOT AGREE TO BE BOUND BY ITS TERMS



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



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
- Sunscreen
- Cell phone and charger (if you like)
- 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 you can hike in (comfortable closed toe shoes)
- Trail food you prefer
- 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.)