



November 24, 2011

Dear Parent/Guardian,

Congratulations! Your daughter has made the Senior Alpine Ski Team! Being a member of a school team is a privilege and requires a large commitment on behalf of your daughter. Students are expected to attend all practices and meetings. The following information should give you all the details you and your daughter will need in order to have a successful season.

Attached is a schedule for your daughter's team. Please note that changes in dates may occur occasionally. Your daughter will be notified immediately of these changes if and when they occur. Please be aware of our school athletics policy, which states that if a student misses a practice before a race she should not compete in that race. In addition, if a student misses three unexcused practices they will no longer be a part of the team.

We will take a bus to all practices unless otherwise notified. Parents may drive their daughter home from practices, but please advise the coach of this arrangement.

Helmets and well-tuned equipment are required for participation on the Alpine Ski Team. It is also required that your daughter own her own equipment. If you are buying a helmet this year, **please make sure the ear cases are hard plastic and suitable for racing.**

The cost for Alpine Ski Team members is \$150.00. This fee will cover lift tickets, coaching, GS courses, and transportation.

Please discuss with your daughter the commitment required for this team and then sign and complete the form. Return only the signed portion of the form and keep the information as a reference. The form needs to be returned to the coach by Friday, December 9, 2011.

I am looking forward to a great season. If you have any questions please feel free to contact Andrea Kelly at 613-749-6761 or via email akelly@elmwood.ca

Sincerely,

Ms. Andrea Kelly
Alpine Ski Coach



Alpine Ski & Snowboard Training Schedule 2011-12

NOVEMBER

Mon. Nov. 21: Dry Land 3:45 – 4:30p.m.

Mon. Nov. 28: Dry Land 4 – 5:00 p.m.

DECEMBER

Mon. Dec. 5: Dry Land 4 – 5:00 p.m.

Mon. Dec. 12: Dry Land 4 – 5:00 p.m.

Mon. Dec. 19: Mt. Cascade 3:30 – 8:30 p.m.

JANUARY

Mon. Jan. 16: Mt. Cascade 3:30 – 8:30 p.m.

Mon. Jan. 23: Mt. Cascade 3:30 – 8:30 p.m.

Mon. Jan. 30: Mt. Cascade 3:30 – 8:30 p.m.

FEBRUARY

Mon. Feb. 6: Mt. Cascade 3:30 – 8:30 p.m.

Thurs. Feb. 9: School-wide Ski Day at Edelweiss

Mon. Feb. 13: Mt. Cascade 3:30 – 8:30 p.m.

Tues. Feb. 14: Alpine Ski Team Race Days

Wed. Feb. 15: Alpine Ski Team Race Days

**** Please Note: Students will miss 2 full days of classes during race days.***



Elmwood School Parent/Guardian Consent and Release Form
for: Alpine Ski Team

Date of Trip: Practices starting in December 2011 – see schedule for details

Departure: 3:30 p.m. **Return:** Approx. 8:30 p.m.

Destination: Mont Cascades

*** In the case of joint custody, BOTH parents must sign this Consent/Release form ***

By my signature below, I allow Elmwood School to bill my account \$150 for the cost of the team. **I understand that Elmwood School will incur fixed costs as a result of this commitment and accordingly there are no refunds in the event that my daughter is unable to participate.**

MEDICAL INFORMATION and EMERGENCY CONTACT INFORMATION

Student: _____ Birth Date: _____
Month Day Year

Family Doctor: _____ Phone: _____

Medical Condition(s): _____

Medication(s): _____

Allergies: _____

Ontario Health Card Number: _____

Emergency Contact: _____ Phone: _____

CONSENT TO PARTICIPATE & TERMS OF PARTICIPATION

By my signature below, I give my daughter of SLG/Homeroom _____ permission to attend and participate in all **Alpine Ski Team practices at Mont Cascades**. I understand that all of Elmwood School’s rules and policies (see Handbook) as well as any rules and directives established by those leading the trip remain in full force and effect for the duration of the trip.

By my signature below, I acknowledge and agree that I am solely responsible for any costs arising out of my daughter’s breach of any of Elmwood School’s rules and policies and/or any rules and directives established by

those leading the trip and the resultant disciplinary actions, if any, whether occurring prior to or during the trip.

By my signature below, I further acknowledge and agree that in the event that my daughter breaches any of Elmwood School's rules and policies and/or any rules and directives established by those leading the trip while on the trip, Elmwood School may in its absolute discretion require that my daughter immediately return home and any expenses related to such a return (including without limitation travel, including travel of an adult to accompany my daughter, and any outstanding trip expenses) will be my sole responsibility.

RELEASE AND INDEMNITY

In consideration of my daughter being permitted to participate in **Alpine Ski Team practices**, I do for myself, my daughter, my spouse and our respective heirs, executors, administrators, successors and assigns, agree as follows; I acknowledge and accept that participation in the trip may expose my daughter to unspecified risks and hazards, which are inherent in such trips, including without limitation, the method of transportation for the trip, all of which I expressly and voluntarily assume.

Furthermore, I acknowledge and accept that my daughter will not be under the direct supervision and control of Elmwood School staff or other trip volunteers at all times during the trip. As such, I agree that the conduct of our daughter during unsupervised times and any consequences flowing from such conduct is solely the responsibility of my daughter.

By my signature below, I do for myself, my daughter, my spouse and our respective heirs, executors, administrators, successors and assigns, hereby RELEASE, WAIVE AND FOREVER DISCHARGE Elmwood School Inc. and its respective officers, partners, agents, employees, servants, representatives, successors and assigns ("the Releasees") OF AND FROM any and all actions, causes of actions, complaints, demands and claims whatsoever in existence prior to on or after the date hereof whether in law or in equity, in respect of death, injury, loss or damage to my daughter's person or my person or property HOWSOEVER CAUSED, arising or to arise by reason of my daughter's participation in the activities contemplated herein except to the extent that same are directly caused by the gross negligence of Elmwood School Inc. or its respective officers, partners, agents, employees, servants, representatives, successors and assigns. I FURTHER UNDERTAKE TO HOLD AND SAVE HARMLESS AND AGREE TO INDEMNIFY all the aforesaid from and against any and all liability incurred by any or all of them arising as a result of or in any way connected to my daughter's participation in the activities contemplated herein.

By my signature below, I also agree and undertake not to make any claim or take any proceedings against the Releasees set out above, or any other person or corporation which might claim contribution or indemnity under the provisions of any statute or otherwise from the Releasees set out above.

EMERGENCY MEDICAL CONSENT

In the event of an emergency, Elmwood School requires parental consent in order to consent to the medical treatment or surgery of the student. Elmwood School will use reasonable efforts to contact the parent(s) prior to consenting to medical treatment for the student and the parent(s) acknowledge and agree that the need for an immediate decision regarding medical treatment for the student may make such contact impossible.

Accordingly, I, by my signature below, hereby authorize and give my express consent to the Head of Elmwood School, or her delegate, to act in loco parentis and in that capacity to consent to medical treatment or surgery for the student based on the advice of the attending physician who considers immediate medical treatment or surgery to be a necessity.

In addition, by my signature below, I hereby authorize and give my express consent to the Head of Elmwood School, or her delegate, to seek and obtain any and all medical interventions that may be reasonably required to ensure the safety and well being of my daughter while on the trip.

I have read all of the foregoing carefully and by my signature agree to be bound by all aspects of the foregoing.

Parent Name: _____ Date: _____

Parent Signature: _____

Parent Name: _____ Date: _____

Parent Signature: _____

Please return this form to Ms. Kelly by Friday, December 9, 2011