



2012 Future Stars® Cross Country Mountain Bike Camp

For Competitive Riders – Ages 13 to 17 yrs

- PROGRAM:** FutureStars® Cross Country Mountain Bike Camps provide young athletes with the unique opportunity to learn from and interact with Canadian Olympians. The program will cover all aspects including race strategy, race style workouts, technical trail riding, core strength workouts, and nutrition and endurance riding. It is our goal to ensure that each participant has an enjoyable experience and reaches their fullest potential.
- DIRECTOR:** Seamus McGrath
 . 14 time Canadian National Cycling Team Member
 . 2 time Commonwealth Games Medalist
 . 2004 & 2008 Canadian Olympic Cycling Team Member
- LOCATION:** Whistler Village Inn & Suites, 4429 Sundial Place, Whistler, B.C.
 Accommodation may be booked at the Whistler Village Inn & Suites at 1-800-663-6418 and quoting "Future Stars Camps"
- SESSION:** May 19 -21, 2012 (Total 10.0 hrs. Riding, 2.0 hrs. Dry Land)
 Sat 10:00 a.m. to 1:00 p.m. & 3:00 to 4:00 p.m. Sun 9:00 a.m. to 1:00 p.m. & 2:30 to 3:30 p.m.
 Mon 10:00 a.m. to 1:00 p.m.
- COST:** \$168 (\$150 + \$18 HST) which includes the program, Future Stars® t-shirt, and certificate.
 Enrollment limited to 30 competitors. Send completed registration form with full payment to:
 FUTURE STARS CAMPS
 Suite 75, 2190 West Broadway.
 Vancouver, BC V6K 2C8
- REFUND POLICY:** There is a \$50 fee for any cancellation. Registrations that are cancelled less than two weeks prior to the program start are 100% non-refundable.
- FURTHER INFORMATION:** 778-229-1261 or www.futurestarscamps.ca



2012 FUTURE STARS CROSS COUNTRY MOUNTAIN BIKE CAMP - REGISTRATION FORM

Name: _____ Age (as of May 19, 2012): _____
 Address: _____ City: _____ Postal Code: _____
 Home Phone: _____ Cell/Emergency: _____
 Email: _____
 Shirt Size: Adult Small Adult Medium Adult Large
 Health Concerns / Allergies: _____
 Competitive Level: _____

Registering with GS Future Stars of Canada Inc., the parent/guardian of the participant(s) on his won behalf and on behalf of the participant(s) hereby agrees that GS Future Stars of Canada Inc. will not be held responsible for any accident, injury or loss, liability, damage or cost that may incur however caused, whether negligently or intentionally, and agrees to release and hold harmless all directors, officers, employees and sponsors from all claims or damages without limitation which may arise as a result of / or by reason of such accident or loss

Date: _____ Signature of Parent or Guardian: _____