

HEROES SKI TRIP

'07'

October 30th, 2006

Dear Parents and Student,

We are so excited to announce details of the 2007 XrevolutionX ,Mt Oak ,Mid Atlantic Ski Trip 'HEROES'. Mt Oak Fellowship have had an annual ski trip for over 30 years and are continuing this wonderful tradition with a Sunday – Tuesday retreat once again to the fantastic facilities of Seven Springs Resort in Champion, Pennsylvania.

This is your ski packet and should contain the following information about 'HEROES' Ski Trip 2007:

- 1) Cover Letter about the trip
- 2) Cost Breakdown Sheet
- 3) Ski Trip Information/Schedule Sheet
- 4) Seven Springs Student/Parent Consent Form (this must be signed and returned with a \$50.00 NON-REFUNDABLE deposit to ensure your spot is held)
- 5) Student information sheet with details of activities to be undertaken, medical insurance information, t-shirt size and other useful items of information
- 6) Student/Parent Tubing Consent Form (even if you do not plan on tubing, please sign and return – you never know you might change your mind when you get to 7 Springs)
- 7) XrevolutionX/Mt. Oak Parental Consent Form
- 8) Ski Stuff Checklist (what to bring)
- 9) Conduct Rules

-Starting NOVEMBER 1ST 2006, you can BOOK YOUR SPOT AND PAY FOR YOUR TRIP and/or get another one of these information packets. Packets can be e-mailed to you if you write to Joe@xrevolutionx.com and request one.

-Please sign and return the Student/Parent Consent forms (4) and payments to:

Cedar Grove Chruch
Attn: Joe Heinrichs
753 Mason Beach Rd
Deale, Md 20751

Your Student/Parent Consent forms (4) and a deposit of \$50.00 (non-refundable) MUST be returned to Joe Heinrichs no later than January 14, 2007 to be considered for our trip.

However, please remember that space is limited and will be allocated on a first-come-first-served basis. We will be traveling to Seven Springs via tour bus and will attempt to fill each bus before releasing seats on the next bus. By ensuring that each bus that goes to Seven Springs has a full complement we can keep our expenses down. If you have any further questions, please call us at 443.534.3252.

Sincerely,

XrevolutionX staff

PARENTAL COVER LETTER

Dear Parent,

We're very excited about our upcoming 'HEROES' Ski Retreat and believe that this trip has the potential to impact your son and or daughter in a significant way. Mt Oak Fellowship has been going on annual ski trips for some 30+ years, and once again we are going to Seven Springs Ski Resort in Champion, Pennsylvania. We feel Seven Springs is the best Maryland, Pennsylvania, and Virginia has to offer. We are anticipating 200 jr and high school students and 30-40 staff will attend the ski retreat this year.

We are planning a MANDATORY PARENT'S MEETING during the early part of January to communicate our heart and vision for 'HEROES' to you. As a parent/guardian, YOU WILL NEED TO ATTEND THIS MEETING. Please ensure that at least one parent attends as we reserve the right to refuse participation of any student whose parent/guardian failed to attend this important meetings.

We will be leaving for 7 Springs on Sunday Jan 28th and returning to Mt Oak on Jan 30th 2007. You will need to arrive at Mt Oak Church by 1:30pm on Jan 28th to turn in luggage and attend a brief Parent/Student Meeting at 2.00pm to cover some last minute details. We will be leaving from the Mount Oak parking lot ([14110 Mount Oak Road, Mitchellville, MD 20721](#)) on Jan 28th at 2:30PM.

We feel one of the healthiest aspects of a good relationship is clear communication. Enclosed you will find information dealing with our 'HEROES' ski retreat. Please read all sheets carefully and review them with your student.

Please sign and return the Student/Parental Consent Forms (3) along with your payment, to Cedar Grove Church 753 Masons Beach Rd. Deale, Md. (attn. 'HEROES' Ski Retreat) by the date required.

****Remember****

- 1) Have your \$50.00 Non-Refundable Deposit and Student/Parental Consent Forms (4) into the youth office no later than Jan. 7th, 2007
- 2) We will be gone for ONLY two days!!
So have your son or daughter pack for ONLY two days!!
- 3) Please don't let your son or daughter bring valuable items that may get damaged or lost (I-pods, digital cameras etc) as the heartache of such a loss is much worse than doing without the gadgets for 2 days.

Again, if there are any questions or concerns, please don't hesitate to call.

Joe Heinrichs
443.535.3252
e-mail: joe@xrevolutionx.com

'HEROES' Ski Trip

COST BREAKDOWN

7 SPRINGS RESORT PACKAGE DEAL.....\$190.00

Includes: 2 nights slope side lodging
2 Day Lift Tickets or Activity's Pass (for Snow Tubing,
Bowling, Roller Skating & Putt-Putt golf - if you don't ski)
1 Pizza Party (on arrival at 7 Springs)
1 2hr evening Tubing session (on arrival at 7 Springs)
2 Breakfasts
1 Dinner
Swimming Pool
Huge Game Room
1 'HEROES' T-SHIRT

TRANSPORTATION..... \$50.00

Coach style buses (Round Trip)

SKI AND BOOT RENTALS FOR TWO DAYS.....\$30.00

SNOW BOARD AND BOOT RENTAL FOR TWO DAYS.....\$50.00

Total Cost:

If you need to rent Snow Board..... \$290.00

If you need to rent Skis..... \$270.00

If you have your own equip.....\$240.00

(It may be cheaper and more efficient to rent equipment from O'Neill's Ski Shop in Waugh Chapel - just a suggestion)

Method of Payment: Preferably a check made out to:

Cedar Grove Church

(Memo: 'HEROES' Ski Trip please put your student's name on the check)

IMPORTANT NOTES!!!

** Bring extra money for additional snow tubing (approximately \$15 a session), bowling, roller-skating extra food and souvenirs, as it is not included in your trip (if you have the ski pass package).

** You can rent your skis or snowboard locally and bring them with you
(This is highly encouraged as it works out cheaper and cuts down on lines in the rental shop at the slopes!!!)

'HEROES' Ski Trip

INFORMATION & SCHEDULE

Sunday Jan 28th

- 1:30 pm - Arrive at Mt. Oak Church and Check in
- 2:00 pm - Parent / Student Meeting in Sanctuary
- 2:30 pm - Leave Mt. Oak Parking Lot
- 7:30 pm - Arrive @ 7 Springs Tubing Park -
Pizza party and tubing session
- 10:00 pm - '*HEROES*' GATHERING #1
- 12:30 am - In Rooms

Monday Jan 29th

- 7:30 am - Rise and Shine (best you can)
- 7:45 am - Praise and Prayer meeting
- 8:30 am - Breakfast (Room TBA)
- 9:00 am - SKI / SNOWBOARD / PLAY TIME
- 12:30 pm - Lunch (on your own)
- 1:30pm - Optional seminars - to be announced
- 6:00 pm - Dinner (Room TBA)
- 9.00pm - '*HEROES*' GATHERING #2

Tuesday Jan 30th

- 7:30 am - Good Morning Skiers and Snowboarders
- 7:45 am - Praise and Prayer meeting
- 8:30 am - Breakfast (Room TBA)
- 9:00 am - SKI / SNOWBOARD / PLAY TIME
- 12:00 pm - Lunch (On your own)
- 12:30pm - Optional seminars - to be announced
- 3:00 pm - STOP Skiing
- 4:00 pm - Dinner (on your own)
- 5:00 pm - Leave 7 Springs SKI RESORT
- 10:00 pm - Arrive at Mount Oak Parking Lot

THERE ARE ONLY 2 MEETINGS DURING THE TRIP. YOU ARE REQUIRED TO ATTEND BOTH MEETINGS. THERE IS CRUCIAL INFORMATION GIVEN AT BOTH MEETINGS.

THESE TIMES ARE APPROXIMATIONS. WE WILL DO OUR BEST TO FOLLOW THIS SCHEDULE. PLEASE BE FLEXIBLE WITH US.

Calling information for arrival time: As a parent, you know how difficult it can be to get your children somewhere on time. Imagine that with over 200 people. Mission Impossible? No, but it can be a challenge. To prevent parents unnecessarily waiting in their car in Mt Oak parking lot to take their student home, and to allow our drivers to drive cautiously we ask that you call our '*HEROES*' Ski Trip HOTLINE - 301-249-2230 Ext. 816 between 8:00-10:00 pm on Tuesday night for updated arrival time.

'HEROES'

Ski Trip

SKI TRIP LOCATION: 7 Springs Resort – Champion, PA

DATES: Jan 28-30, 2007

PHONE NUMBER ON SITE: 1-800-452-2223

Emergency Contact: 443.534.3252

Web site: www.7springs.com

Things to Bring:

- Proper clothing for winter weather
- Ski Stuff (ski jacket, gloves, hat, etc.)
- Toothbrush, Toothpaste, Personal Stuff
- Camera and Film (optional but Fun!!)
- Bible, notebook, good singing voice
- Sense of adventure and fun loving attitude
- Spending Money for (2) Lunches & (1) Dinner
- Sunglasses or goggles
- Swimming Suit and Towel
- Deodorant - PLEASE!
- Skis and Ski Boots / Snowboard if you have them

**Label your luggage and skis!! There will be hundreds of people going - someone is likely to have a similar suitcase or bag.

'HEROES'

Ski Trip

CODE OF CONDUCT

A team of student leaders and adults made the following set of STRONG SUGGESTIONS for a two day retreat. These suggestions were so popular that they've been used for many years.

- 1) There is NO alcohol permitted on '*HEROES*'.
- 2) There are NO drugs of any kind permitted on '*HEROES*'.
- 3) All evening meetings MUST BE attended (there are only 2). There is necessary information that you need to know given at the meetings.
- 4) Your body MUST NOT be with a body of the opposite sex in the opposite sex's room.
- 5) Your body MUST NOT leave the 7 Springs Ski Resort Property.
- 6) There is NO burning of fireworks on '*HEROES*'.
- 7) You must observe ALL Resort rules.

Anyone caught breaking these STRONG SUGGESTIONS will be talked with. After considering the seriousness of the violation, the '*HEROES*' Ski Trip staff has the option of asking that person's parents to come and take him or her home, at the parent's expense.

Mt Oak Youth Ministries And XrevolutionX Student Ministries

Parental Consent Form

RETURN THIS FORM

Student name: _____ Age: _____ D.O.B. _____
Address: _____ Phone: () _____
City: _____ State: _____ Zip Code: _____
E-mail address: _____
School: _____ Current Grade: _____
Parental business phone: _____ or _____

To whom it may concern,

The undersigned does hereby give permission for our/my child _____
(student name) to attend and participate in activities sponsored by Mount Oak Student Ministries
on _____ (date of event).

I/we authorize an adult, in whose care the minor has been entrusted, to consent to any x-ray examination, anesthetic, medical, surgical or dental diagnosis or treatment and hospital care to be rendered to the minor under the general or specific supervision and on the advice of any physician or dentist licensed under the provisions of the Medical Practices Act or the medical staff of a licensed hospital, whether such diagnosis or treatment is rendered at the office of said physician or at said hospital.

The undersigned shall be liable and agrees to pay all costs and expenses incurred in connection with such medical and dental services rendered to the above-mentioned child pursuant to this authorization.

Should it be necessary for my/our child to return home due to medical reasons or otherwise, the undersigned shall assume all transportation costs.

The undersigned does also hereby give permission for my/our child to ride in any vehicle designated by the adult in whose care the minor has been entrusted while attending and participating in activities sponsored by Mount Oak Student Ministries.

Health Insurance: YES NO

Insurance Agency: _____

Policy Number: _____

Emergency Phone No: _____

Student/s attending event: _____

Father: _____

Mother: _____

Legal Guardian: _____

RETURN THIS FORM

**Mt Oak Youth Ministries And XrevolutionX Student
Ministries**

RETURN THIS FORM

**‘HEROES’ Ski Retreat
Activities Form**

This form MUST BE COMPLETED FULLY

Student Name: _____ **Age:** _____

Male: _____ **Female:** _____

Skill level: 1st time skier _____ ; Novice _____ ; Intermediate _____
Expert _____

Please select ONE of the following activities that you wish to participate in, and select if you will be renting snowboards or skis. Select your t-shirt size (Check ONE box on each side)

Activity (Please check ONE)

- Snowboarding (own equip)
- Snowboarding (renting equip)
- Skiing (own equip)
- Skiing (renting equip)
- Activities Pass

T-Shirt Size (Please check ONE)

- Small
- Medium
- Large
- X-Large
- XX-Large

RETURN THIS FORM



RETURN THIS FORM

Champion, PA, 15622, 814/352-7777

STUDENT AGREEMENT / PARENTAL PERMISSION & CONSENT FORM

STUDENT'S NAME: _____

STUDENT'S ADDRESS: _____

GROUP NAME: MT OAK YOUTH MINISTRIES TRIP LEADER NAME: DIONE BOWLDING II

STUDENT AGREEMENT:

While participating in this ski trip, I accept full responsibility for maintaining good conduct, and I will follow the direction of the chaperone/trip leader, the rules of the resort and any state laws. I understand that curfews may be imposed and that no alcoholic beverage and/or illegal drugs or narcotics are permitted. If I am found in possession of/or under the influence of alcohol or drugs, I understand that fines and/or arrest may result, that my parents will be notified and arrangements made for my immediate transportation home. I am aware that skiing is an inherently dangerous sport carrying significant risk of personal injury. I know that there are natural and man-made obstacles or hazards, surface and environmental conditions, and risk which in combination with my actions can cause me very severe or occasionally fatal injury.

Aware of the risks and willing to assume them, I hereby waive, release and agree to hold harmless Seven Springs Farm Inc. t/d/b/a Seven Springs Mountain Resort, its employees, agents, officers, and directors from any and all claims by me for any liability, injury, loss or damage in any way connected with my participation in the sport of skiing; or while using any of the resort facilities. I intend for this waiver and release to also apply to any relatives, personal representatives, heirs, beneficiaries, next of kin or assigns who might pursue any legal actions or claim on my behalf.

STUDENT SIGNATURE

DATE

PARENTAL PERMISSION & CONSENT

I give my permission for my child to attend the above described ski trip knowing that I accept responsibility for his/her actions at all times. I understand and agree that the trip leader, chaperones, trip organizer and Seven Springs Farm Inc., do not assume any responsibility or liability from any injury my child may sustain, whether my child is skiing, or using the resort activities. I am aware that skiing is an inherently dangerous sport carrying significant risk of personal injury. I know that there are natural and man-made obstacles or hazards, surface and environmental conditions, and risk which in combination with my child's actions can cause very severe or occasionally fatal injury.

Aware of the risks and willing to assume them, I hereby waive, release and agree to hold harmless Seven Springs Farm Inc. t/d/b/a Seven Springs Mountain Resort, its employees, agents, officers, and directors from any and all claims by me for any liability, injury, loss or damage in any way connected with my child's participation in the sport of skiing; or the use of any of the resort's facilities. I intend for this waiver and release to also apply to any relatives, personal representatives, heirs, beneficiaries, next of kin or assigns who might pursue any legal actions or claim on my behalf.

PARENT'S SIGNATURE

DATE

() _____
HOME PHONE

() _____
WORK PHONE

CONSENT FOR EMERGENCY MEDICAL TREATMENT & CHILD'S MEDICAL INFORMATION

I, _____, _____ consent and agree to the emergency medical
(name of parent or guardian) (relationship to child)
treatment for the well being of (child's full name) _____

Date of Birth: _____ Telephone #: _____ Allergies, if any: _____

Date of last Tetanus Booster: _____ Medication Child is Taking: _____

Health Insurance Provider: _____ Member Number: _____

In case of emergency, please notify additional family contact (i.e. grandparent, uncle, aunt):

(name)

(phone number)

(relationship to child)

RETURN THIS FORM

SEVEN SPRINGS MOUNTAIN RESORT SNOW TUBING RELEASE FROM LIABILITY

RETURN THIS FORM

PLEASE READ CAREFULLY BEFORE SIGNING

1. I accept use of a snow tube and accept full responsibility for the care of the snow tube while in my possession.
2. I understand that there are inherent and other risks involved in Snow tubing, including the use of lifts and snow tube, and it is a dangerous activity/sport. These risks include, but are not limited to, variations in snow, steepness and terrain, ice and icy conditions, moguls, rocks, trees, and other forms of forest growth or debris (above and below the surface), bare spots, lift terminals, cables, utility lines, snowmaking equipment and component parts, and other forms of natural or man made obstacles on and/or off chutes, as well as collisions with equipment, obstacles or other snow tubes. Snow chute conditions vary constantly because of weather changes and snow tubing use. Be aware that snowmaking and snow grooming may be in progress at any time. These are some of the risks of snow tubing. All of the inherent risks of snow tubing present the risk of serious and/or fatal injury.
3. I agree to hold harmless and indemnify Seven Springs Mountain Resort and/or any employee of the aforementioned for the loss or damage, including any loss or injuries that result from damages related to the use of the snow tube or lift.
4. I understand and am aware that snow tubing is a HAZARDOUS ACTIVITY. I understand that snow tubing and the use of snow tubes involves a risk of injury to any or all of my body parts. I hereby freely and expressly assume and accept responsibility for any and all risks of injury or death while participating in this activity.

I HAVE READ THE ABOVE PARAGRAPHS AND FULLY UNDERSTAND THEM.

Date: _____ Age: _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: (____) _____

Signature: _____

Signature of PARENT or GUARDIAN : _____

If under 18

RETURN THIS FORM