



“Maximize Your Performance”
Power Skating / Edge Technique
For
Hockey Players & Figure Skaters

Program Description / Introduction:

Edge control and power is what distinguishes a skater from an accomplished skater. This 50 minute Power Clinic will focus on proper edge technique maximizing your speed and quickness with less effort!

Using your edges is a skill to be mastered by both hockey players and figure skaters. Our skaters will have the distinct advantage of instruction from both disciplines!

John Michalak: 30 years of Power Skating and Hockey Skills instruction

Cathy McKendry: 15 years of Figure Skating Coaching all levels

Program Dates & Times:

Eight Weeks of Instruction
Mondays 4:50 pm - 5:40 pm
September 8 – October 27
8 Week Sign up \$120.00
Walk On Fee \$20.00

For More Information : Elisa@SkateAtThePond.com or (440) 543-3884

“Maximize Your Performance”
Power and Edge Technique
Sept. 8 – Oct. 27, 2008

NAME _____	PARENTS NAME _____	DATE OF BIRTH _____
STREET ADDRESS _____	CITY _____	STATE/ ZIP _____
DAYTIME PHONE _____	EVENING PHONE _____	POSITION OR FIGURE SKATING LEVEL _____
EMAIL ADDRESS _____	TEAM NAME or note “INDIVIDUAL” (For Hockey Teams Only) _____	

Checks made payable to **The Pond: Mail to The Pond, 9999 E. Washington St., Auburn Twp., OH 44023**

VISA or MC# _____ exp. _____ Amount Paid \$ _____

In consideration of being allowed to participate in any skating/sports programs and related events at The Pond, the undersigned acknowledges, appreciates and agrees that: The risk of injury from the activities involved in these programs is significant, including the potential for permanent paralysis and death, and while particular rules, equipment and personal discipline may reduce the risk, the risk of serious injury does exist. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releases (as defined below) or others, and assume full responsibility for my participation. I willingly agree to comply with any rules and regulations of the facility. If, however, I observe any unusual significant hazard in participation, I will bring such hazard to the attention of the earnest official immediately. I, for myself, and on behalf of my heirs, assigns, personal representatives and next-of-kin, hereby release and hold harmless The Pond and their managers, officers, employees and advertisers (collectively “releases”), with respect to any and all injury, disability, death or loss or damage to person or property, whether arising from the negligence of the releases or otherwise. I have read the release of liability and assumption of risk agreement, fully understand its terms and understand that I have given up substantial rights by signing it freely and voluntarily without any inducement.

PARTICIPANT'S SIGNATURE _____ DATE _____
 PARENT'S SIGNATURE _____ DATE _____

