

Registration Form Skating Requirements

Last freeskate test passed: _____

Last complete competitive freeskate test passed: _____

Please indicate which jump(s) you are landing consistently:

- | | | | |
|-----------------|--------------------------|--------|--------------------------|
| Toe-Loop | <input type="checkbox"/> | Loop | <input type="checkbox"/> |
| Flip | <input type="checkbox"/> | Lutz | <input type="checkbox"/> |
| Axel | <input type="checkbox"/> | | |
| Double Salchow | <input type="checkbox"/> | Triple | <input type="checkbox"/> |
| Double Toe-Loop | <input type="checkbox"/> | Triple | <input type="checkbox"/> |
| Double Loop | <input type="checkbox"/> | Triple | <input type="checkbox"/> |
| Double Flip | <input type="checkbox"/> | Triple | <input type="checkbox"/> |
| Double Lutz | <input type="checkbox"/> | Triple | <input type="checkbox"/> |
| Double Axel | <input type="checkbox"/> | Triple | <input type="checkbox"/> |

Registration Deadline: June 19, 2009

Please send completed form with payment to:

Sherri Ellsworth
c/o Coquitlam Skating Club
20787 River Road
Maple Ridge, BC
V2X 1Z8



Coquitlam Skating Club

Coquitlam Skating Club
Coquitlam Sports Centre-Annex Arena
633 Poirier Street
Coquitlam, BC

Website: www.skatecoquitlam.com

*The
Coquitlam
Skating Club
Presents*

**SkateWorks
2009**



**A Pre-Season
Training Camp**

July 2nd and 3rd

At

The Coquitlam Sports
Centre

633 Poirier Street
Coquitlam, BC

Skate Works 2009 Pre-Season Training Camp

Jumpstart your summer training program with this pre-season seminar consisting of on and off the ice sessions.

On-ice sessions include work on all skating skills, including technical training on jumps and spins. Additional training on edges, turns and power. Skaters will also develop their on ice movement, expression and performance skills.

Off the ice, skaters will participate in flexibility, dance, sports psychology, and off-ice conditioning.



**SkateWorks
2009**

Other Highlights of the Seminar!

- Snacks and lunch will be provided for skaters on both days.
- Barbeque for skaters and families on Friday at Rocky Point Park, 2800 Murray Street, Port Moody.

Directions from arena:

Head North on Poirier Street toward foster Avenue. Turn left at Como Lake Avenue. Turn right at Gatenbury. Turn Left at Moody Street. Take the ramp to Murray Street. Turn left at Murray Street. The park is located on your left.

Seminar Information

Cost: \$90.00

Registration Deadline: June 19, 2009

Schedule:

The seminar will run 8:30-5:30 on both days. A more detailed schedule for each group will be emailed to registered participants prior to the seminar.

Location:

The seminar will take place at the Coquitlam Sports Centre, 633 Poirier Street, Coquitlam, BC.

Coaches and Instructors

On Ice

Heather Austman Bruno Delmaestro
Zdenek Pazdirek Kelly-Lynn Champagne
Eileen Murphy

Off Ice

Sheri Delmaestro Lori Fung
And other instructors

Registration Form

Please complete both sides of this form

Skaters Name: _____

Birthdate: _____ Age: _____

Address: _____

Phone #: _____ Other Phone: _____

Email Address: _____

Skate Canada #: _____

Personal Health #: _____

Parent/Guardian Name: _____

Waiver - I will not hold the Coquitlam Skating Club, its coaches and instructors liable or responsible for any damage, injury or lost articles as a result of my child taking part in this seminar.

Parent Signature: _____

Date: _____

Cost: \$90.00

Payment: You may pay by cheque (written to the Coquitlam Skating Club) or by credit card

Credit Card Payments:

VISA / MASTERCARD

Card # _____ EXP ____/____

Name on Card: _____

Signature
Card holder will pay card issuer above amount (TOTAL FEES) pursuant to cardholder agreement.