

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 15, 2010

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

Website: www.skatecoquitlam.com

The
Coquitlam
Skating Club
Presents

SkateWorks
2010
June 29th and 30th

**A Pre-Season
Training Camp**

With
**Special Guest
World Champion
Victor Kraatz**



At

Planet Ice Coquitlam

2300 Rocket Way
Coquitlam, BC

Skate Works 2010 Pre-Season Training Camp

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

This year we are pleased to present **Victor Kraatz as our guest coach.**

Victor, with his partner Shae-Lynn Bourne, won the 2003 World Figure Skating Championships in ice dancing. They were also 10 time Canadian Champions.



On ice sessions will focus on skating skills, movement and program components, in addition to technical training of jumps and spins.

Off-ice sessions include warm-ups, flexibility, pilates, jump and spin technique, and conditioning.

Coaches and Instructors

Heather Austman - NCCP Level 3, National Level Coach

Bruno Delmaestro - NCCP Level 4, World and International Level Coach

Zdenek Pazdirek - NCCP Level 3, National Level Coach

Sheri Delmaestro - B.P.E., B.Ed., IYCA and ACE Certified, NCCP Level 3 (Comp)

Lori Fung - 1984 Olympic Rhythmic Gymnastics Champion

Lisa Porcellato - ACE Certified, BCRPA Supervisor of Pilates Instructors

There will also be a Technical Specialist and other instructors

Seminar Information

Cost: \$90.00

Registration Deadline: June 15, 2010

Schedule:

The seminar will run 1:00-6:00pm on June 29th and 9:00am-6pm on June 30th. A more detailed schedule for each group will be emailed to registered participants prior to the seminar.

Other Information:

- Snacks, juice and water will be provided for both days. Lunch will be provided for skaters on June 30th.
- Goody bags for all skaters.

Location:

The seminar will take place at Planet Ice Coquitlam, 2300 Rocket Way, Coquitlam, BC.

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.