

# Registration Form

Class Description		Time	Cost of class for season	Fill in class fees applicable
<b>Junior</b>				
Monday	Conditioning	4:15-5:15pm	\$110.00	
Friday	Flexibility	4:45-5:45pm	\$100.00	



<b>Intermediate</b>				
Tuesday	Conditioning	6:00-7:00pm	\$110.00	
Thursday	Conditioning	5:00-6:00pm	\$110.00	
Friday	Flexibility	5:45-6:45pm	\$100.00	



<b>Senior</b>				
Tuesday	Conditioning	4:45-5:45pm	\$110.00	
Thursday	Conditioning	6:15-7:15pm	\$110.00	
Friday	Flexibility	3:30-4:30pm	\$100.00	



<b>Total Cost Owing:</b>	<b>\$</b> _____
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Any additional weight room fee will be payable by participants. (exception for athletes holding Pacific Sport cards) Conditioning fee covers cost of my training and instruction.

# Skater Information

Name of Skater \_\_\_\_\_

Address \_\_\_\_\_

Age: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Phone : \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

Please note any allergies or medical concerns:

Waiver: I will not hold Sheri Delmaestro, Lori Fung or any other instructors liable or responsible for any damage, injury or lost articles as a result of my child taking part in this program.

Parent Signature: \_\_\_\_\_


Date: \_\_\_\_\_

# Payment Information

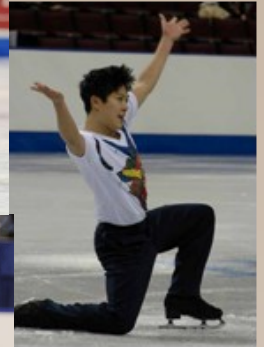
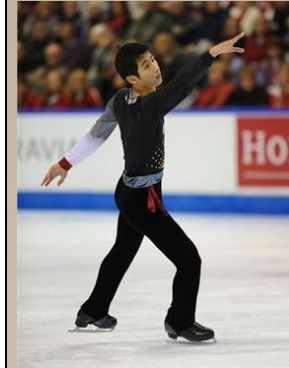
- **Registration is due on or before April 5, 2010.** Please no late registrations. Classes are based on number of registrants and may be cancelled if there are not enough participants.
- You may pay by cash or cheque.
- **Please make cheques payable to Sheri Delmaestro.**
- Please note: No refunds will be given after April 5th, 2010.
- Payment and completed registration forms may be mailed to:

**Sheri Delmaestro**  
**8-2929 St. John's Street**  
**P.O. Box # 31152**  
**Port Moody. BC**  
**V3H 2C0**

Register early - class sizes are limited!

Coquitlam  Skating  
 Club

# Off-Ice Training Programs



Spring  
 2010

At  
**Planet Ice Coquitlam**  
 2300 Rocket Way  
 Coquitlam

**April 5th, 2010-June 16th, 2010**

For more information contact:  
 Sheri Delmaestro  
 sheridelmaestro@hotmail.com

# Program and Class Descriptions

## Off-Ice Conditioning

This is the most important class for off-ice development of the figure skater. The off-ice training program has been developed by **Sheri Delmaestro, B.P.E (Human Kinetics), B.Ed.**, to improve performance on the ice and therefore, achieve greater results in each athlete's skating, in a shorter period of time, as well as reduce the incidence of skating related injury. Figure skating is a sport that requires the ultimate in aerobic endurance, anaerobic capacity, power, muscular strength, muscular endurance, core strength, agility and flexibility. As well, skaters need to utilize all these elements of fitness while on an unstable surface and while not always balanced. We must create an environment of instability (off balance) in order to train strength in balance. It is for these reasons that we must develop the figure skater in a variety of ways and environments. We use the most up to date equipment to facilitate this.

Sheri has taught the Coquitlam Skating Club off-ice conditioning classes since 1986. Sheri is also a Physical Education Specialist for the Burnaby School District. Sheri holds the following certifications; Certified Standardized Test of Fitness Appraiser, BC Sports Aid First Aid, American Council on Exercise Certified Aerobics Instructor and Certified Youth Conditioning Specialist with the International Youth Conditioning Association. Sheri also keeps current by attending various workshops and seminars on sport conditioning.



## Flexibility

**Lori Fung** teaches the flexibility classes. Lori comes highly regarded as the 1984 Olympic Rhythmic Gymnastics Champion. She is currently a rhythmic gymnastics judge and has been a coach on the Canadian, US and Mexican Rhythmic Gymnastics Teams. She is a member of the Order of Canada and is in the BC Sports Hall of Fame. Lori was also an aerialist in the film *Catwoman*. Most recently Lori worked for CBC at the Summer Olympics in Beijing as a commentator.



## Session Information

**Junior Class:** This class is for skaters on the Junior on ice sessions.  
**Intermediate Class:** This class is for skaters on the Intermediate ice sessions.  
**Senior Class:** This class is for skaters on the senior ice sessions.



## Class Information

Conditioning and Flexibility Classes: Skaters should wear comfortable exercise clothing and proper running shoes (no skateboard shoes, basketball shoes, Heelys or slip-on runners). Skaters can bring a water bottle, no soft drinks. Gum chewing is not allowed due to safety concerns.

The focus for off-ice conditioning in the Spring is to build the anaerobic lactic and aerobic energy systems, as well as improve muscular strength and endurance. For competitive skaters this is the time to work hard off the ice to build for the next season.

## Important

Please make note of the following dates on which there are no classes scheduled. You have not been charged for these classes.

Friday, April 16th - No Flexibility  
Friday, May 21st - No Flexibility  
Monday, June 14th - No Conditioning  
Tuesday, June 15th - No Conditioning