

Registration Form

Class Description		Time	Cost of class for season	Fill in class fees applicable
Junior				
Monday	Conditioning	5:00-6:00pm	\$189.00	
Tuesday	Dance	5:00-6:00pm	\$250.00	
Thursday	Conditioning	5:00-6:00pm	\$160.00	
Friday	Flexibility	4:45-5:45pm	\$220.00	

Intermediate				
Tuesday	Dance	5:00-6:00pm	\$250.00	
Thursday	Conditioning	5:00-6:00pm	\$160.00	
Friday	Flexibility	4:45-5:45pm	\$220.00	
Saturday	Conditioning	9:15-10:15am	\$160.00	

Senior				
Tuesday	Dance	6:15-7:15pm	\$250.00	
Thursday	Conditioning	6:15-7:15pm	\$160.00	
Friday	Flexibility	6:00-7:00pm	\$220.00	
Saturday	Conditioning	10:30-11:30am	\$160.00	

Total Cost Owning: \$ _____

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 September 14th, 2009.** 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.** You may pay with two cheques, the first dated for Sept 14, 2009 and the second for January 4th, 2010.
- Please note: No refunds will be given after September 20th, 2009.
- Payment and completed registration forms may be given to Sheri Delmaestro in person or mailed to:

Sheri Delmaestro
8-2929 St. John's Street
Port Moody. BC
V3H 2C0

Off-Ice Training Programs

Fall/Winter
2009/2010



Coquitlam Skating Club
Annex Arena
633 Poirier Street
Coquitlam, BC

September 14th - December 17th, 2009
January 4th - March 5th, 2010

For more information contact:
 Sheri Delmaestro
 sherigirl66@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, Certified Personal Trainer, 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.

Dance

Melanie Pudlas is our dance teacher. She has been involved in dance in British Columbia for the past 45 years. She is trained in the Russian Vaganova style as well as The Royal Academy of Dance in which she was awarded her Advanced Certificate with Honours at the age of 16. She has trained at the National Ballet School as well as The Banff School of Fine Arts on a full scholarship. At age 17 Melanie was awarded a Canada Council B Grant to study dance in Germany and England. She has danced professionally with the Anna Wyman Dancers touring Canada, United States and Germany. As a teacher, she has taught throughout British Columbia and since 1985 has taught the dance program at the Richmond Arts Centre. In 1998 and 2007, she was nominated for Richmond "Women of the Year in Arts."



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.

Dance Classes: It is preferred that skaters wear tighter fitting clothing so that the teacher can see the body move. Skating outfits or tighter exercise or dance wear is appropriate.



Important

Please make note of the following dates on which there are no classes scheduled. This is due to important skating competitions, holidays or other club events. You have not been charged for these classes.

Friday, October 16th
Thursday, October 22nd
Friday, October 23rd
Saturday, October 24th
Thursday, November 5th
Thursday, November 12th
Friday, November 13th
Saturday, November 14th
Friday, December 18th
Thursday, February 18th
Monday, February 22nd