

FIGURE SKATER BOOTCAMP

August 28th 2015

The Figure Skater Bootcamp is designed to help all skaters with their off ice training. If a skater comes to the ice in great shape and not injured they can make better use of their ice time.

Signe Ronka competed at Junior World's in 2003 and has 3 International Skating Union Medals, but her career was cut short due to injuries. She has kept her passion for skating alive by developing a sport specific fitness program called Figure Skater Bootcamp, which ultimately helps skaters prevent injuries and improve performance on the ice. Signe is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association and a Certified Personal Trainer based in Toronto, but coming to share her knowledge with us.

This Bootcamp is open to everyone in skating, we strongly encourage all skaters who are competing or have thoughts of competing and especially those with thoughts of Canada Games 2019 to attend.

When: Friday August 28th

10:30 to 12:00 as a refresher for those who did the program in May \$10.00

1:00 to 4:00 for those doing the program for the 1st time \$50.00

Where: 454 Windsor Junction Road, Fall River School of Performing Arts

Who: All skaters who compete

Cost: \$10.00 refresher \$50.00 1st time participants

***** ATTENTION COACHES if a coach attends the 1st time session with 2 or more skaters, Skate Canada Nova Scotia will provide you the video for Skater Boot Camp at no charge.**

There are a limited number of spaces in each session and applications will be accepted on a first come first served basis.

Please dress appropriately, (shorts, t-shirt, sneakers) and bring a skipping rope, yoga mat and water bottle.

**FIGURE SKATER BOOTCAMP
August 28th 2015**

Name: _____

Age: _____ **Phone:** _____

Skate Canada #: _____

Email: _____

Emergency Contact Name: _____ **Tel.** _____

Name of Coach: _____ **Tel.** _____

Coach Email: _____

Will Coach be attending? _____ Coaches are strongly encouraged to attend at no charge.

If a coach attends the 1st time session with 2 or more skaters, Skate Canada Nova Scotia will provide you the video for Skater Boot Camp

Please make cheques payable to Skate Canada Nova Scotia and send with the completed application to:

**Skate Canada Nova Scotia
5516 Spring Garden Road 4th floor
Halifax B3J 1G6
Deadline August 24th 2015**

OR

**Maybe brought to Simulations at the East Hants Sportsplex Sunday August 23rd
12:00 to 6:00**

Applications are accepted on a first come first served basis.

Waiver & Consent Form

Please Note: If the skater is under nineteen (19) years of age, only the Consent portion of this form must be completed. If the skater is over nineteen (19) years of age, only the Waiver portion of this form must be completed.

Event: Figure Skater Bootcamp, 454 Windsor Jct Road, Fall River

Date: August 28th 2015

Waiver of Skater

The Skater agrees that he/she participates at his/her own risk. The Skater agrees to indemnify and save harmless organizers of the Seminar, Skate Canada Nova Scotia, from any and all claims arising out of any loss or damage whatsoever incurred during the Seminar, including, but not limited to, loss or damage which may be sustained by reason of injury to the Skater or other skaters, arising.

It is fully understood that organizers of the Seminar, Skate Canada Nova Scotia, shall not be liable for any injuries, damages or losses whatsoever caused to or by the Skater.

Date

Signature of Skater

Name of Skater

Consent of Parent

The parent/guardian of the above-named Skater (if Skater is under nineteen (19) years of age) consents to allowing the Skater to participate in the Seminar. The parent/guardian acknowledges that the Skater participates at his/her own risk. Further, the parent/guardian agrees to indemnify and save harmless organizers of the Seminar, Skate Canada Nova Scotia, from any and all claims arising out of any loss or damage whatsoever incurred during the Seminar, including, but not limited to, loss or damage which may be sustained by reason of injury to the Skater or other skaters, arising.

It is fully understood that organizers of the Seminar, Skate Canada Nova Scotia, shall not be liable for any injuries, damages or losses whatsoever caused to or by the Skater.

Date

Signature of Parent/Guardian

Name of Skater

Name of Parent/Guardian (printed)