

SYNCHRO DAY 2015

Fun for Everyone, not just for synchro teams!

- **Wednesday November 11th 10:00 - 4:00**
- **East Hants Sportsplex**
- **\$20.00 per skater**
- **Deadline for applications Monday October 26th**

Skate Canada Nova Scotia is once again holding SYNCHRO DAY at the East Hants Sportsplex on Wednesday November 11th from 10:00 to 4:00. This day is open to all skaters and coaches in Nova Scotia, whether you currently have a synchro team or not. It is a great opportunity to learn what synchro is all about from both a coaches and skater's perspective. If you are not currently skating on a team please come, and if you have a team bring everyone. Skating skills will be the focus of the day and fun activities like wheels and blocks will be tried.

Coaches are welcome to attend at no charge and skaters have a \$20.00 charge.

These sessions will be lead by Chris Stokes and Yvan Rouille. Chris Stokes is an NCCP Level 3 Certified Coach with 31 years of coaching experience. Chris is also a technical controller and specialist in singles and synchronized skating from Ontario. Yvan Rouille is a coach and technical controller for synchronized skating from Quebec. Both coaches have a wealth of knowledge to share with skaters and coaches about synchronized skating and we are very pleased to have them join us for the 2015 SYNCHRO DAY!

SYNCHRO DAY 2015

Name: _____

Date of Birth: _____

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Synchro Team: _____

Club: _____

Tel. _____

Email: _____

Emergency Contact Name: _____

Tel. _____

Name of Coach: _____

Tel. _____

Coach Email: _____

Will Coach be attending?

Yes No

Coaches are strongly
encouraged to attend at no
charge.

Skate Canada #: _____

Skate Canada Tests Passed

Free Skate _____ Dance _____ Skills _____

Please send completed form and wavier to:

Skate Canada Nova Scotia,
5516 Spring Garden Road,
4th floor,
Halifax, NS B3J 1G6

by Monday October 26th 2015

Waiver & Consent Form

What: Synchro Day

When: Wednesday November 11th 2015

Where: East Hants Sportsplex

Waiver & Consent of Parent

The parent/guardian of the named Skater consents to allowing the Skater to participate in the Seminar. The parent/guardian acknowledges that the Skater skates 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 on or off the ice.

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)