

Workshop Registration Summer Session

July 2 – August 9, 2012

The Minto Skating Club

2571 Lancaster Road, Ottawa, ON K1B 4L5

www.mintoskatingclub.com

Tel: (613) 733-5292

Fax: (613) 733-9061

Please provide ALL information to keep records up-to-date.

Skater's name		Date of birth (YY/MM/DD)
Address		Skate Canada number
City	Postal Code	Home Club (if not Minto)
Parent/Guardian	Telephone (h)	Coaches
Telephone (w)	Cell	Complete tests passed
Email		

Space is limited. Due date for applications with payment is June 25th.

Pre-requisite: Open to skaters qualified for Freeski #1 and #2 of the summer program (passed Senior Silver Freeski). **Full workshop (Mon to Thurs) must be purchased; not available at a daily rate.**

Workshops:

Week	Workshop	Instructor
July 2-5 (Mon to Thurs, 9:15 – 10:15 am)	Importance of Warm-up I	Tara MacDougall
July 9-12 (Mon to Thurs, 9:15 – 10:15 am)	Importance of Warm-up II	Tara MacDougall
July 16-19 (Mon to Thurs, 9:15 – 10:15 am)	Mental Training	Chantale Lussier
July 23-26 (Mon to Thurs, 9:15 – 10:15 am)	Nutritionist	Sheldon Nimijean
August 6-9 (Mon to Thurs, 9:15 – 10:15 am)	Dance/Body Movement	TBC (details to come)

Importance of Warm-up I	
Importance of Warm-up II	
Mental Training	
Nutritionist	
Dance/Body Movement	

Total # of Workshops :	_____
Total Due (# of Workshops ____ X \$60):	\$ _____

Workshop Selection and Fee Calculation (Please check workshops you are attending):

The Minto Skating Club reserves the right to move skaters between classifications depending on the skater's ability. The Minto Skating Club has the right to change the schedule depending on registration and also to accommodate special circumstances such as test sessions and other emergency situations, or to cancel any session without notice.

WAIVER: Applicant hereby waives all claims, rights or causes of action against the Minto Skating Club (1987), its officers, directors, employees, or members for personal injury or loss of property of any nature, however or wherever sustained.

Signature of skater or of parent/guardian if skater is under 18

Date