



# Speedskating

## Fall 2010-Winter 2011

for Beginner to Advanced Speedskaters

### Sundays at 6:30pm-7:50pm

**Twenty-Eight (28) Sunday Sessions**  
**Starting Sunday September 12th, 2010**  
*Catch the Olympic fever*

The Connecticut Speedskating Club is pleased to offer Speedskating sessions at The Rinks at Shelton for men/women and boys/girls of all age and skill levels.

**Beginners are welcome and highly encouraged.**

- **Free instruction** by Connecticut Speedskating coaching staff.
- **Weekly sessions focus on proper skating technique, power and speed.**
- **Short and Long track training.**
- **Skaters are divided by age and skill levels.**

**Questions- Contact Connecticut Speedskating Club**  
via [e-mail- mbrigley@gmail.com](mailto:mbrigley@gmail.com) or call (413) 687-7191  
[www.ctspeedskating.com](http://www.ctspeedskating.com)

**Equipment Requirements-** Speed Skates (hockey/figure skates ok for beginners), Helmet, Gloves (leather or cut resistant, neck guard, long sleeve shirt, long pants (tights/sweatpants), knee pads and elbow pads recommended.

**Session Dates:** Sept. 12, 19, 26 Oct. 3, 10, 17, 24, 31 Nov. 7, 14, 21, 28 Dec. 5, 12, 19  
Jan. 2, 9, 16, 23, 30 Feb. 6, 13, 20, 27 Mar. 6, 13, 20, 27



**Space is Limited. All programs are filled on a first come first served basis. Walk on fee\*\*\*, if available, is \$25.00 per session.**

[www.SportsCenterCT.com](http://www.SportsCenterCT.com)





# Speedskating Fall/Winter 2010-11

784 River Road, Shelton, CT 06484

203-929-6500 fax-203-929-7624

(Payment in full must accompany enrollment. Thank you.)

Participant Name: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_ Home #: \_\_\_\_\_

Town: \_\_\_\_\_ State/Zip \_\_\_\_\_ Cell/Work #: \_\_\_\_\_

E-mail : \_\_\_\_\_

RMS Code=LTS/ Speedskate 2010-11

**28 Sunday Sessions for \$495**

\_\_\_\_\_ check if Walk-on at \$25.

**Credit Card Information:** I authorize The Rink at Shelton to charge the above balance to my account without further notice.

Credit Card # \_\_\_\_\_ Exp. Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ 3 digit cvv2 code \_\_\_\_\_

## The Rinks at Shelton and the Connecticut Speedskating Club ("Rinks")

### RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT

#### PARTICIPANT PLEASE READ BEFORE SIGNING (Larger Type Copy available at Front Office).

In consideration of being allowed to participate in any way in any and all activities, leagues, clinics, events, skating programs at Rinks ("Program"), Participant, acknowledges and agrees that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis, disability and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. PARTICIPANT KNOWINGLY AND FREELY ASSUMES ALL SUCH RISKS, being both known and unknown of my participation in the Program EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERS, and assume full responsibility for my participation; and,
3. PARTICIPANT willingly agrees to comply with the stated and customary terms and conditions for participation in the Program, if however, PARTICIPANT observe any unusual significant hazard during my presence or participation, PARTICIPANT will remove myself from participation and bring such to the attention of the nearest official immediately, and,
4. PARTICIPANT, for myself and on the behalf of my heirs, assigns, personal representatives, next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS RINKS, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.
5. Arbitration: In further consideration of allowing me to participate in the aforementioned Program, PARTICIPANT hereby agrees to submit to binding arbitration any and all claims which PARTICIPANT believes PARTICIPANT may have against Rinks arising from my activities at the Rinks. The arbitration shall be pursuant to the rules of the American Arbitration Association. The arbitration shall apply the Federal Rules of Evidence to all proceedings.

Arbitration shall be commenced within one (1) year from the date on which any alleged claim first arose. Furthermore, the arbitration shall be held in Shelton, Connecticut unless otherwise mutually agreed to by all parties. The submission to American Arbitration Association shall be unlimited and the arbitration award may be enforced by any court of competent jurisdiction.

6. I hereby grant Rinks the right to use photographs, video images and/or other media of participant for publicity, advertising and/or other commercial purposes without notice or remuneration of any kind. Participant has opted-in, and expressly gives their permission to receive e-mail information from Rinks.

PARTICIPANT HAS READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTANDS ITS TERMS, UNDERSTANDS THAT PARTICIPANT HAS GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGNS IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

#### FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this Participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin. I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

X \_\_\_\_\_ Date Signed: \_\_\_\_\_  
Participant or Parent/Guardian Signature if minor

**No make-ups or refunds.** All programs are subject to availability. All prices/programs are subject to change without notice.