



# Hour of Power Power Skating Clinic Spring 2008

**Mondays at 4:30pm-5:30pm or,  
Fridays at 4:30pm-5:30pm**

- **Fourteen (14) Sessions**
- **Starts week of March 17th**

*Drastically improve your skating and hockey skills!*

## **Course Curriculum:**

- Edge control
- Speed
- Endurance
- Stick handling
- Stride
- Footwork

### **About our Staff:**

**Betsy Day- Francis- Skating Director, PSA Triple Master Rated**

Betsy is Director of our skating program and has over 26 years of teaching experience. Betsy's coaching credentials include achieving the Professional Skating Association "elite" TRIPLE Master Rated Coach, PSA Master Rated Program Director, Master Sports Science, Master in Group, and Hockey 1 & 2 accreditation.

**Enrollment for 14 sessions is \$279**

**or walk on fee, if available- \$35.00/Session.**

**Equipment requirements: Full Hockey gear required.**

### **Session Dates are:**

**Mon Dates: Mar. 17, 24, 31 Apr. 7, 14, 21, 28 May 5, 12, 19 June 2, 9, 16, 23**

**Fri. Dates: Mar. 21, 28 Apr. 4, 11, 18, 25 May 2, 9, 16, 23, 30 June 6, 13, 20**

**The Rinks at Shelton**

784 River Road, Shelton, CT 06484

203-929-6500 SportsCenterCT.com

\*- \*- No refunds. All prices/programs and rules are subject to availability and change without notice. All end times are 10 min. less for ice resurfacing.



# PowerSkating Spring Clinics 2008

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 \_\_\_\_\_ Work/Cell #: \_\_\_\_\_

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

Indicate program(s) you wish to apply to: Both days are for 14 Sessions

\_\_\_\_\_ Mondays @ 4:30-5:30pm \$279.00

\_\_\_\_\_ Fridays @ 4:30-5:30pm \$279.00

**Total Due** \$ \_\_\_\_\_

Acctg code:  
Clinics 2008

### Credit Card Information:

I authorize The Rinks at Shelton to charge the above balance to my account without further notice.

Credit Card #- \_\_\_\_\_ Exp. Date: \_\_\_\_\_

## **The Rinks at Shelton ("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.
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.  
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.

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.

\_\_\_\_\_  
Participant's Signature Date Signed: \_\_\_\_\_

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