

Waiver



Learn to Speedskate Mini-Camps Summer 2010

Skater's Name

Parent's Name

I hereby release U.S. Speedskating and The Potomac Speedskating Club, its coaches, members, officers, and agents of any liability in the event of my/my child's injuries, illness or death. I/We recognize that the sport of speedskating is a fast and unpredictable activity.

I/We recognize that participating in this sport exposes me/my family to falls, collisions and other unforeseen impacts that could result in severe injury/death.

I/We also understand and acknowledge that off ice (dryland) training/ on-ice training is stressful on the cardiovascular system and that by signing this release I/we are testifying that I/we are physically able to participate in this activity. I/We accept that it is totally my/our responsibility to monitor my/their well being and fitness levels before, during and after practices in order to evaluate my/our ability to continue to participate safely.

Signature

Date

**Wheaton Ice Arena
Wheaton, MD**



11717 Orebaugh Avenue
Wheaton, MD 20902
301-765-8620

June - July - August

Choose June, July or August camps

Arrive 20 minutes prior to camp starting time for all camps.

June 21-25 9:45-10:45 am (ice) 10:45-11:30 am (dryland)

July 12-16 10:30-11:30 am (ice) 11:30-12:15 pm (dryland)

August 2-6 9:30-10:30 am (ice) 10:30-11:15 am (dryland)

(except 8/4: 8:45-9:45 am ice; 9:45-10:30 am dryland)



Summer
**Learn to
Speedskate**
Mini-Camp

**Wheaton Ice Rink
Wheaton, MD**

Registration

Skater's Name _____

Parent's Name _____

Address _____

City _____ ST _____ Zip _____

Email _____

Tel. _____

Date of birth _____

Shoe size _____

Choose one or two or all three mini-camp sessions

June July August

Level of Experience

- Has never skated before
- Has figure skated _____ years
- Has hockey skated _____ years

Learn to Speedskate Mini-Camp Fees \$195

\$25 off on 2nd or 3rd camp

\$25 off for multiple skaters from the same family

June camp fees due 5/15/2010

July camp fees due 6/15/2010

August camp fees due 7/15/2010

Make checks payable to:

Potomac Speedskating Club

Return this form to:

Potomac Speedskating Club, Inc.

4201 Wilson Blvd. Ste. 110-437

Arlington VA 22203

info@potomacspeedskating.org

1-877-SKATE90

Coaching

Hyun Jung Lee is head coach of the Potomac Speedskating Club with 13 years of coaching experience. She represented Korea at the 1988 Calgary Winter Olympic Games and was on the Korean national team where she earned medals at World Cup and World Championship events.

Rental Speedskates

Please contact Mr. Don Giese in Bowie, MD to arrange for rental speedskates to use for 2 months or longer. His number is 301 262-8042. If he does not have skates in your size, you may rent hockey skates to use from the Wheaton rink instead for \$3.25 per session.

About the Program

Coach Lee will introduce the fundamentals of short-track speed skating form, position and stroking. Mini-camp participants will receive individual coaching to help them improve and learn skills they can practice at public sessions.

Pre-Requisites

None required but prior figure or hockey skating experience helpful, particularly if skater has mastered forward crossovers.

Equipment and Clothing Requirements

Skaters need a bike or hockey helmet, long pants (not jeans), zip jacket with long-sleeve shirt underneath, and gloves. Shin guards desirable. For dryland training, bring good running shoes, compression/bike shorts, T-shirts or whatever clothing is weather-appropriate. Bring a water bottle with water or a sports drink. All items should be marked with the skater's name.

Summer Learn to Speedskate Mini-Camp



Wheaton Ice Rink
Wheaton, MD

2010
June - July - August

Open to Adults and
Children Ages 5 and Up