

Santa Fe Skating Club
New Mexico



2010

Summer Skate Camp

At Genoveva Chavez Community Center

June 7-11

And

June 14-18

Sign up now, registration is first come first serve!
\$50 to hold your spot

Classes include:

Theater on Ice

Stroking

Ice Dancing

Spins/Jumps

Off Ice Conditioning

Guest Speakers on:

Nutrition, IJS judging system, ice shows

And More.....

Description of Some Classes

Power Stroking: Power stroking for figure skaters is designed to build the skaters endurance, strength, and quality of edges. Power stroking was developed by Hans Gerschwiler, former world champion. The purpose of power skating is to develop the edge quality and speed of the skater, which gives our skaters more confidence and stamina as they skate at a higher speed. All nationally ranked skaters today participate in stroking classes in order to build endurance and confidence for their freestyle and pairs routines.

Ice Dancing: Ice Dancing is about listening to music and having fun with your skating edges. We will focus on the quality of our edges and turns, such as Mohawks, three turns, twizzles, and Choctaws. Ice Dancing helps anyone interested in freestyle because it enables the skater to develop confidence and greater strength of all the edges. We will learn some of the basic dances and create some our own dance steps!

Freestyle: Freeskating includes many elements. Today's skaters must perform a variety of "move" elements, intricate footwork, jumps, spins, and show a distinctive choreographic style. Skating school classes enable our skaters to develop the full range of their skating skills with special emphasis on building good technique and confidence in their jumps and spins. As each skaters develops the techniques to skate strong edges and smooth turns, the skater will become more proficient in their jumping and spinning styles.

We focus on helping each skater develop his or her skating skills to the highest level, embracing stroking, dance, and freestyle exercises. Freestyle is fun and allows the skater to move quickly and smoothly over the ice incorporating strong choreography to highlight and develop the skater's technical expertise.

Other classes offered:

- **Theater on Ice**
- **Nutrition**
- **Off Ice Conditioning**
- **IJS Judging System**

RELEASE to SFSC:

Please list any physical limitations or chronic ailments that may affect the Skater's ability to participate in the Santa Fe Skating Club Summer Camp 2010:

ASSUMPTION OF RISK AND AGREEMENT TO HOLD HARMLESS

As the Skater (or Parent/Legal Guardian of the Skater) named here _____ (name of Skater or Parent/Guardian), I understand that participating in ice skating can be a dangerous activity involving risks of serious bodily injury, including permanent disability, paralysis and death which may be caused by my own actions, or inactions, those of others participating in the ice skating, or the conditions in which the ice skating occurs, and that there may be other risks either not known to me or not readily foreseeable at this time. In exchange for being permitted to take part in the Santa Fe Skating Club's Summer Camp 2010, I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the Summer Camp 2010. Further, I agree to hold the Santa Fe Skating Club, all coaches who are involved in the Summer Skate Camp 2010, and all volunteers and agents of the Santa Fe Skating Club harmless from any and all liability, actions, causes of action, debts, claims or demands of any kind and release.

Additionally, by signing below the Skater or Parent/Legal Guardian understands, in the event that she/he cannot be reached, this form hereby gives permission to the physician selected by the Santa Fe Skating Club to hospitalize and secure proper treatment (including surgery) for the Skater. Moreover, by the Parent/Legal Guardian and Skater signing this form, they are agreeing to abide by all rules and reasonable authority of the Santa Fe Skating Club Summer Camp 2010 instructors and volunteers, and that the Skater has been deemed physically able to participate in ice skating by a physician.

Printed Name of Skater and Parent/Guardian

Date: _____

Signature of Skater or Parent/Guardian