

POWERSKATING Plus

Power skating + now in its third year, 1st at the International Skating Center! Directed by the head coach of CCSU, **Ben Adams** along with qualified coach's, each committed to the development of every youth hockey player that is dedicated to hard work and having fun.

Power Skating (40-50 min)

- **Forward / Backward**
- **Inside / Outside edges**
 - **Acceleration**
 - **Balance**
 - **Crossovers**
 - **Deceleration**
 - **Stride Length**

Plus (30-40min)

- **Shooting**
- **Passing**
- **Scoring**
- **Mini Games**

DETAIL

CO-ED AGES 6 – 18

- 10 WEEKS April 19th – June 28th (no session 5/31)
- Mondays @6:20 pm – 7:40pm
- COST \$199 PER PLAYER pre-registered, \$25 walk on
- Limited to 40 participants

Eligible Participants

Boys and Girls: 6 to 18 Years Old
Skating Ability: (Passed Basic 2)
Beginner – Experienced

*This is not a Learn to Skate Class

Full Equipment required

For more information contact Ben Adams @ adams.ben5@gmail.com or
860-651-5400 or 443-629-7765

Mail Registration To:
PO BOX 577
SIMSBURY, CT 06070
Power skating +
Spring / Summer 2010

Name: _____
Address: _____

Email: _____
Home Phone: _____
Parent's Cell Phone: _____
Team _____
DOB _____
Current / Previous Team _____

Athletic Waiver & Release of Liability

- In consideration of being allowed to participate in any way in the ISCC athletic/sports/camp programs, related events and activities, the undersigned acknowledges and agrees that:
1. The risk of injury from the activities involved in this program is significant, including but not limited to the potential for permanent paralysis and death, and while particular rules, equipment and personal discipline may reduce the risk, the risk of serious injury does exist: and
 2. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during presence or participation, I will remove myself (him/her) from participation and bring such to the attention of the nearest official immediately: and
 3. I for myself (him/her) if and on behalf of my heirs, assign personal representatives and next of kin, hereby release and behold harmless the International skating center, affiliate organizations, managing partners, its General Manager, Program Director, Instructors, Officials, Agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers and, if applicable, owners and lessors of premises used to conduct the camp/event/game, and all of their successors and assigns, ("Releases") with respect to any and all injury, disability, death or loss or damage to person or property.
- This is to certify that I have read and do consent and agree to this release of liability and assumption of risk agreement and fully understand its terms, I further understand that I have given up substantial rights by signing this form and hereby sign it freely, voluntarily and without inducement.

Print Name: _____ Date: _____

Participant signature: _____

Please make checks payable to ISCC

Registration will be processed on a first come first served basis.

Credit Card # _____ Expiration Date _____ Sec Code _____ (no charges until day1)

Check _____ Check # _____

Cash _____

Date Received _____

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