

Registration Information

- Return applications with waiver and cheque for full amount payable to "Skate with Karen" to address:
Skate with Karen
95 Malhotra Court
Ottawa, ON
K1V 1K3
- Email confirmation will be sent.
- **Refund Policy:** There will be no refunds for cancellations unless a medical certificate is provided, and then a \$50 administration fee will be applied. This fee can be credited towards a summer school the following year.
- The school reserves the right to change the dates and times due to unforeseen circumstances.
- NSF cheques are subject to a \$35.00 service charge fee.
- Missed sessions cannot be made up.
- The School reserves the right to eject a skater that is exhibiting unsportsmanlike conduct and interfering with the learning experience of the group. Refunds will not be provided.
- Register early, sessions will fill quickly!

For more information contact

Karen Savoie

(613) 736-0407

registration@skatewithkaren.com

www.skatewithkaren.com

Sessions

Dates: August 2 – 6, 2010

Location: Bell SensPlex

Fee: \$250

Session	Level	Monday to Friday
1	Initiation/Novice	5:45 – 6:35pm
2	Atom/Peewee	6:45 – 7:35pm
3	Bantam	7:45 – 8:35pm
4	Midget/Junior/Adult	8:45 – 9:35pm

Dates: August 9 – 13, 2010

Location: Ray Friel Recreation Complex

Fee: \$250

Session	Level	Monday to Friday
5	Initiation/Novice	6:30 – 7:20pm
6	Atom/Peewee	7:30 – 8:20pm
7	Bantam/Midget/Junior	8:30 – 9:20pm

Group levels are based on the level played during the 2009/10 season i.e. if a player played Atom this year, he/she would sign up for session 2 and/or 6.

DISCOUNTS:

Multiple week discount: \$450 if the same skater registers for two weeks

Family discount: \$225/session per skater if multiple skaters in the same household

Note: SkatewithKaren reserves the right to place participants as required.



Summer School 2010

August 2 – 6, 2010

Bell Sensplex
1565 Maple Grove Road
Kanata, Ontario

August 9 – 13, 2010

Ray Friel Recreation Complex
1585 Tenth Line Road
Orleans, Ontario

Karen Savoie (613) 736-0407
registration@skatewithkaren.com

www.skatewithkaren.com

Skate with Karen Powerskating Technique Summer School

Skaters that participate in the Skate with Karen program learn *proper skating technique*.

Mission

Skaters learn the most when they are having fun and can see how the skating skills relate to the hockey game-situation. We seek to challenge skaters and offer them feedback and encouragement that will help them improve their skating skills and ultimately benefit their performance in the hockey game.

Recreational, houseleague and competitive hockey / ringette players and officials can benefit from this intensive powerskating technique program.

Karen Savoie

Owner and Head Instructor

For more information and quotes from players and coaches, see the "About Karen" section of my website www.skatewithkaren.com.



Program Features

The drills and exercises are based on a system that starts with proper body position, balance and use of EDGES...and builds this into speed, acceleration and agility.

The **Skate with Karen** Power Skating Technique System includes:

- Edges
- Body Position/Strength
- The Peak Power Push
- Balance and Power
- Quick Starts
- Forward and Backward Skating
- Crossovers on a Curve
- Lateral Movement
- Turns
- Stops and Restarts
- Strong Stick Position/Control

The initial focus of my sessions is on **stability and balance**,

It then progresses to **power, speed and agility**,
From there we work on **acceleration**.

Skaters will be split into small groups based on their level/ability. **Maximum coach/skater ratio of 1:6.**

Full equipment to be worn on the ice by all players (including sticks).

All instructors with the school are chosen for their teaching ability and share a genuine interest in helping players develop.

Registration Form

Skater Name: _____

Age/Year of Birth: _____/_____

Gender Male Female

Parent Name: _____

Address: _____

Postal Code: _____

Telephone #: (H) _____

(W) _____

Email: _____

Last level played: _____

(ie. Minor Atom "A")

Organization/Team Name: _____

Position Played: Forward Defence

Session #: 1 2 3 4 5 6 7 (see back)

2 most important skating skills the skater would like to improve:

1) _____

2) _____

How did you hear about the school?

- Brochure at the arena
- Friend or colleague
- Coach (Name: _____)
- Skate with Karen website
- Email from Karen
- Other? _____

Has your son/daughter attended a session with Karen before?

- Yes
- No

Sweater size required:

Youth S M L XL

Adult S M L XL

I give my permission for the above skater to participate in the Skate with Karen Summer School. Furthermore, I release the arena and Skate with Karen and their coaches and employees from the responsibility of any injuries sustained or loss of property of any nature or kind, however or wherever sustained during the school. I also agree to allow the SkatewithKaren website and book to show pictures and video of myself and my son/daughter participating in the sessions.

Signature: _____ Date: _____

(I have read the Registration Information on the reverse side of this page)