

PARENTAL CONSENT AND INDEMNIFICATION AGREEMENT In consideration of participating in activities, I represent that I understand the nature of figure skating activities ("activity") and that I am qualified, in good health and in proper physical condition to participate in such "activity". I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the "activity". I fully understand that this "activity" involves 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 "activity", the conditions in which the "activity" takes place, or the negligence of the "releasees" named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and 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 "activity". I, the minor's parent and/or legal guardian, understand the nature of the above referenced activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such "activity". I hereby release, discharge, covenant not to sue and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to have been caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claims against any of the above Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any Releasees may incur as the result of any such claim.

PARENT SIGNATURE _____

DATE _____

TEST SESSIONS:

July 24th

August 28th



4292 Fairground Dr.

Cortland, NY 13045

(607)753-8100

www.jmmcomplex.com

**J.M. McDonald
Sports Complex**

July Figure Skating Camp

July 12th-16th, 2021



FIGURE SKATING CLUB

Cortland Figure Skating Club is thrilled to host a two week-long summer skating camp in Cortland, NY! We provide a professional camp staff and training environment. Groups are divided by skill level. Skaters will receive up to 4 hours per day of supervised Freestyle, Stroking and Specialty on-ice classes, and almost 2 hours of off-ice instructional classes that will include Fitness, Dance, Yoga, and Pilates classes. Skaters will enjoy skating, making friends, learning new skills, and experiencing new techniques.

Class, Group, & Private Lessons The Petri skating team will direct the camp, assisted by guest coaches. Skaters will have a full day of group activities and lessons, but we encourage taking private lessons. These lessons are available during all scheduled freestyle times. Freestyle sessions and classes are divided by level. Private lessons are an additional fee and should be arranged independently with and paid directly to our staff professionals. CFSC reserves the right to grant skating professionals permission to coach during any session.

What to Bring

- Skates, guards, and extra laces
- Skating apparel
- Sweater, gloves, tights and/or pants
- Water bottle (no glass)
- LUNCH & Snacks
- Work out clothing
- Yoga mat and jump rope
- Good pair of athletic shoes
- Ballet, Jazz, or dance shoes, if available (closed-toed athletic shoes are acceptable)

High Group: (Pre juvenile free skate & up)

8:30 drop off/warm up off ice ~ All Athletes

On Ice

8:40 -8:55 - warm up edge class

8:55- 10:45 - free skate

Off ICE

10:45 -11:15 - break/snack

11:30 – 12:30 - off ice/fitness

12:30 -1 :00 - stretch/yoga/dance

1:00 -1:45 - jump class

1:45-2:45 - lunch

On Ice

3:00-3:30 - stroking/ Edge class

3:30-5:00 - open free skate

Low Group (Preliminary free skate & lower)

Off Ice

8:30 - Drop off/warm up ~ All Athletes

8:45–9:30 - jump class

9:45—10:15—Fitness/Agility

10:15 -10:45 - break/snack

11:00–12:45 - On ice

1:15-2:15 - stretch/yoga/dance

2:00-2:45 - lunch

On Ice

3:00-3:30 - Stroking /Edge class

3:30-5:00 - open free skate

*Specialty on-ice group classes will be taught by different professional staff and specialize in a different aspect to performance every day.

CAMP DATES:

July 12th-16th

Member- \$315/skater

Non-member- \$370/skater

Name _____

Address _____

Phone _____

Email _____

Home Club _____

Level _____

PAYMENT:

*Please make checks payable to: Skate Time Inc.

