



SYNCHRONIZED SKATING DAY WORKSHOP

Hosted by Sugar Land Ice and Sports Center & Texas Gulf Coast FSC

Saturday, August 9th Time: 8-2pm



REGISTRATION FORM

Today's Date: _____

Skater's Name: _____ Date of Birth: _____

Address: _____

City: _____ Zip: _____

Phone Number: _____ Email Address: _____

Coach's Name _____ Last Test Passed: _____

Emergency Contact: _____ Phone No. _____

PLEASE CHECK DESIRED TRACKS:

- BASIC SKILLS Basic 3-7
- INTRO Basic 8 and Freestyle 1-6
- INTERMEDIATE **PASSED** USFS pre-pre, preliminary moves and/or pre-juvenile MIF
- ADVANCED **PASSED** USFS juvenile MIF and above
- COLLEGE ELITE 15 yrs old minimum age/all skating levels/info & education of skating in college
- PARENT TRACK All levels welcome/Informational Q and A
- ADULT SKATER All levels welcome/Informational Q and A
- COACHES TRACK All levels/interested in beginning a synchro program/team

At the discretion of the staff, skaters will be placed in the appropriate group based on skill level

Please pay \$70 in full, in the SLISC Pro-Shop no later than August 1, 2008. Checks payable to Sugar Land Ice and Sports Center. You may also mail your payment to:

**Synchro Day Workshop
c/o Lisa Lueking
1414 Walnut Bend Ln.
Houston TX 77042**

Method of Payment:

Cash Check No.: _____ Credit Card: M/C VISA AMEX DISC

Credit Card No.: _____

Exp. Date: _____ CVC Code: _____

Name of Card Holder and Signature: _____

TERMS AND CONDITIONS

1. Sugar Land Ice & Sports Center reserves the right to change the day and /or time of workshop.
2. Refunds will be issued only if Sugar Land Ice & Sports Center cancels the workshop. No refunds or credits will be made for absence from the workshop. Exceptions to this policy are at the discretion of the Management of Sugar Land Ice & Sports Center.
3. Students assume the risks of skating: the student and parent or guardian agree that the Sugar Land Ice & Sports Center is not responsible for injury to the student or for loss or damage to any personal property.
4. Payment for the workshop is due in advance. Skaters who have not paid will not be permitted to participate in the workshop.
5. Photo & Video release: Pictures and/or Videos will be taken at various times during the workshop for various uses including but not limited to website, bulletin boards, brochures, and advertisements.

I HAVE READ, UNDERSTAND AND AGREE TO ABIDE BY THE ABOVE TERMS AND CONDITIONS.

Signature: _____ Date: _____

Employee Initials: _____

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Saturday, August 9th

DESCRIPTION OF TRACKS OFFERED

Basic Skills (3-7)

The basic 101 of synchronized skating. Training will be held in off and on ice. The fundamentals of synchro skating, fun beginning exercise, team building and skating on ice as a team! No synchronized experience necessary

Intro (Basic 8 and Freestyle 1-6)

Skaters will be expected to do forward three turns, mohawks and skate backward efficiently. No synchronized experience necessary. Off and on ice sessions will help the skater understand the sport of synchronized skating, as well as moderate exercise routines, beginning nutrition, team building activities and a DVD presentation watching competitive teams their own age.

Intermediate (PASSED USFS pre-pre, preliminary and/or pre-juvenile MIF)

Skater should be familiar with the USFS testing track for moves in the field and take regular lessons from a private coach. No synchronized experience necessary. Sessions will include:

- *On-ice drills/choreography/team skating with World and National synchro skaters
- *Pilates/aerobics/off ice dance choreography
- *Team building/team dynamics/how a team works together
- *DVD presentations watching competitive teams
- *Q and A with real synchro skaters
- *Basic nutrition/exercise routines for the competitive athlete.

Advanced (PASSED USFS Juvenile MIF and above)

Skaters should be familiar with the testing track for moves in the field and currently working with a private coach. No synchronized skating experience is necessary. Sessions will include:

- *On ice drills/choreography/team skating with World and National synchro skaters
- *Kick-Boxing/Hip Hop/Latin Impact
- *Nutrition: "Building strong athletes for life" with health/wellness specialist
- *Off ice team training session with National level synchronized trainer
- *DVD presentation: watching competitive synchronized teams
- *What are formations and transitions?
- *Q and A with college synchro athletes
- *Team building activities/team dynamics/learning how teams work together

College Elite (all levels welcome, advanced track skaters welcome over 15 yrs at no additional cost)

- *Meet collegiate athletes for a Q and A about skating in college/training/time management
- *DVD watching collegiate teams at current National Championship
- *Informational handouts on what colleges offer singles/synchro skating
- *Workout with a collegiate athlete/trainer

ADDITIONAL NOTES:

****Private sessions will be available for an additional cost at registration with wellness nutritionist and/or personal trainer for the intermediate/advanced and adult tracks only. Parents and coaches are encouraged to attend with the skater.***

****Parents are encouraged to attend the Q and A education seminar/track, "Parents in Synch", in conjunction with their child's participation in the camp at no extra cost.***

****Skaters should bring tennis shoes/shorts/water bottle/skates/notebook/***