

# 2010 Presidents Day Training Clinic

Saturday February 13, 2010

Hosted by the



For skaters Basic Skills level 3 through Senior.

The skaters will be separated into groups by level and will rotate to each discipline.

Seminar will be run by the Steel Ice Center Coaching Staff.

*Fee : \$50.00 per Skater (Checks Payable to The Steel Ice Center)*

Parents welcome to watch and sit in on any topic.

## Schedule for the day will be as follows:

11a-11:30a	Registration
11:30a-12p	Nutrition
12p-12:30p	Skates on
12:30p-1:30p	On Ice (Jumps, Spins, Choreography)
1:30p-1:45p	Break
1:45p-2:45p	On Ice (Moves, Footwork, Stroking)
3p-4p	Off Ice Training with CrossFit, IJS, & Parent Education

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NAME: \_\_\_\_\_ CURRENT LEVEL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ DOB: \_\_\_\_\_

EMAIL: \_\_\_\_\_ TELEPHONE # : \_\_\_\_\_

PARENTS NAMES: \_\_\_\_\_