



## SPRING FIGURE SKATING CLINIC

**\*\*ALL INCLUSIVE\*\***

SATURDAYS: APRIL 13, 20, MAY \*4, \*11, 25  
(\*Check Schedule May 4 & 11)

### Clinic Includes:

- Figures
- Jump Technique Classes
- Champion Cord Instruction
- Ice Theatre & Style Classes
- Strength & Conditioning (OneUp Gym)
- Off-Ice Harness
- *New- Mandatory program Chart*
- *New- Program Exhibition Day*
- *New- \$5 Saturday*
- Plus Much more!!

*All Inclusive Training Program for skaters working on  
Pre-Preliminary through Senior Levels*

**\*\* ONLINE REGISTRATION! \*\***



**Pro-Motion**  
The Ultimate in Training Technology

[www.SK8GR8.com](http://www.SK8GR8.com)

# RISING STARS CLINIC

- ❖ Learn in a team environment
- ❖ Variety of coaching styles
- ❖ Group Classes are more cost efficient
- ❖ Educational and Fun!

*All Rising Stars and Learn-to-Skate Skaters Basic 4+ are welcome!*

## **SCHEDULE \*PLEASE NOTE TIME CHANGE ON MAY 4 & 11- HOLIDAY RINKS**

**April 13, 20, May 25      May 4 & 11**

9:20 – 9:35	(2:50-3:05)	Off-Ice Warmup Class -Sneakers
9:45 – 10:15	(3:15-3:45)	On Ice Group Class
10:15 – 10:45	(3:45-4:15)	On Ice Practice

### **Make checks payable and send completed application to:**

Skate Great  
4536 Main St. Suite 102  
Amherst, NY 14226

**Or Register Online at [www.SK8GR8.com](http://www.SK8GR8.com)**

### **TERMS**

- \* Parents are recommended to drop off skaters on Clinic Day.
- \* Enrollment is limited and will be accepted on a first come, first served basis.
- \* Payment made by April 7<sup>th</sup> will receive a discount – full package only.
- \* Full payment is due by April 13<sup>th</sup>, 2019– for full package.
- \* There will be a \$30 fee for all returned checks
- \* NO MAKEUPS – NO REFUNDS
- \* Credits/Refunds will only be considered with an authorized medical excuse.
- \* Private lessons will be billed separately.
- \* Skate Great assumes no responsibility for any accident or injury to any participant.
- \* Training Clinic payment must be made separately. Ice cards cannot be used for clinic.
- \* The maximum discount available on this clinic is \$10- full package only- April 7<sup>th</sup>

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## **RISING STARS CLINIC SPRING 2019 SESSION REGISTRATION FORM**

**COST: \$80.00 (Before 4/7) \$90.00 (After 4/7)**

*Pay on or before April 7<sup>th</sup> and receive a discount – full package only (Walk-on fee: \$20/day)*

Name: \_\_\_\_\_ Age \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Email \_\_\_\_\_

Coach (optional): \_\_\_\_\_ Highest Badge Level Passed: \_\_\_\_\_

Total amount paid: \_\_\_\_\_ Check # \_\_\_\_\_ Date: \_\_\_\_\_

# SPRING TRAINING CLINIC 2019

The Saturday training program is designed to provide a “COMPLETE TRAINING PROGRAM” for the beginner, test, and competitive skater who wishes to “aspire higher.”

The coaching staff will provide a supervised and disciplined program.

*This is an ALL-INCLUSIVE program with no extra charges!  
Private lessons with your coach during the camp will be billed separately.*

## Please bring with you:

Sneakers

Notebook

Water Bottle

A Healthy Snack (ex. Protein Bar, Apple, Sandwich)

## SCHEDULE

### TRACK 1

Pre-Preliminary – Preliminary

(May 4&11) April 13, 20, May 25

(2:50-3:05) 9:20 – 9:35 Off-Ice Warmup  
 (3:15-3:30) 9:45 – 10:00 Style  
 (3:30-3:45) 10:00 – 10:15 Variety Group Class  
 (3:45-4:15) 10:15 – 10:45 Practice  
 (4:15-4:30) 10:45 – 11:00 Powerskating  
 (4:45-5:15) 11:15 – 11:45 Off-Ice Class (OneUp Gym)

### TRACK 2

Pre-Juvenile – Senior

(May 4&11) April 13, 20, May 25

(1:10-1:25) 7:40 – 7:55 Off-Ice Warmup  
 (1:30-1:45) 8:00 – 8:15 Figures / Turns  
 (1:45-2:00) 8:15 – 8:30 Style /Ice Theatre  
 (2:00-2:15) 8:30 – 8:45 Variety Group  
 (2:15-3:00) 8:45 – 9:30 Practice  
 (3:00-3:15) 9:30 - 9:45 Powerskating  
 (3:30-4:15) 10:00 – 10:45 Off-Ice Class

	CLASS	VARIETY	THEMES	OFF-ICE CLASS
Week 1	3 Turns	Edge Elements	Pajama Day	OneUp Gym
Week 2	Rockers	Jump Drills	Superhero	OneUp Gym
Week 3	Brackets	Spins	Neon	OneUp Gym
Week 4	Counters	Jump Drills	Competition Run Through – Wear competition outfit	OneUp Gym
Week 5	Choktaws	Spins	Throwback day – Pizza Party!	OneUp Gym

Levels subject to change based on enrollment and Freestyle level.

Skate Great reserves the right to cancel any category due to low enrollment.

Skate Great assumes no responsibility for any accident or injury to any participant.

***Guest coaches are welcome, call Jessica Roswell - 580-3458***

## ALL-INCLUSIVE PACKAGE RATE

**Track 1:** \$150.00 (Pre-Preliminary – Preliminary)

*Pay on or before April 7<sup>th</sup> and receive a discount \$140.00 – full package only*

Walk-on fee: Track 1 \$35/day

**Track 2:** \$175.00 (Pre-Juvenile – Senior)

*Pay on or before April 7<sup>th</sup> and receive a discount \$165.00 - full package only*

Walk-on fee: Track 2 \$40/day

### TERMS

- \* Parents are recommended to drop off skaters on Clinic Day.
- \* Enrollment is limited and will be accepted on a first come, first served basis.
- \* Payment made by April 7<sup>th</sup> will receive a discount – full package only.
- \* Full payment is due by April 13<sup>th</sup>, 2019 – for full package.
- \* There will be a \$50 fee for all returned checks
- \* NO MAKEUPS – NO REFUNDS
- \* Credits/Refunds will only be considered with an authorized medical excuse.
- \* There will be no additional charges.
- \* Private lessons will be billed separately.
- \* Off-ice and on-ice harness will be billed separately.
- \* Skate Great assumes no responsibility for any accident or injury to any participant.
- \* Training Clinic payment must be made separately. Ice cards cannot be used for clinic.

Make checks payable and send completed application to:

### **Skate Great**

4536 Main St. Suite 102

Amherst, NY 14226

**Complete below and return with check**

**OR**

**Register Online at [www.SK8GR8.com](http://www.SK8GR8.com)**

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### SPRING TRAINING CLINIC 2019 REGISTRATION FORM

Name: \_\_\_\_\_ Age \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Coach \_\_\_\_\_

Birthdate: \_\_\_\_\_ Highest Freestyle Passed: \_\_\_\_\_

Club: \_\_\_\_\_ E-MAIL (**print clearly**): \_\_\_\_\_

\_\_\_\_\_ **Track 1** (\$140 Before 4/7, \$150 After 4/7) \_\_\_\_\_ **Track 2** (\$165 Before 4/7, \$175 After 4/7)

Total amount paid: \_\_\_\_\_ Check # \_\_\_\_\_ Date: \_\_\_\_\_