



**SUMMER POWERSKATING
REGISTRATION FORM
FULLER LAKE SKATING CLUB
AUGUST 26 – 30, 2019**

Mail Completed Form and Cheque Payable to Fuller Lake Skating Club or FLSC
To: Power Skating Camp, c/o Luisa Shillingford - Email: cleve@telus.net
401 Ashwell Place, Ladysmith, BC V9G 1W8 (Any Questions – 245-1415)
DUE ON FRIDAY, AUGUST 16, 2019

GET READY FOR 2019/2020 HOCKEY SEASON. SIGN UP FOR SKATE CANADA POWER SKATING PROGRAM.
This program is an action-packed, high energy instructional power skating program geared to hockey that focuses on balance, power, agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations.
CanPowerSkate is the only nationally regulated power skating program in Canada.

SKATER'S NAME: _____ HOME PHONE # _____
 ADDRESS: _____
 EMAIL: _____ CARE CARD # _____
 EMERGENCY CONTACT: _____ PHONE # _____

* Note Must Have Full Hockey Gear Including Stick. (Please Bring Runners and Water Bottle)

| Time | Session | Cost | Selection |
|---|--|----------|-----------|
| 9:30 am – 10:30 am Dryland – 10:45 am – 11:15 am | Senior Power (2 nd Year Pee Wee and Up or Already in a Senior Power Program) 12+ year olds | \$200.00 | |
| Dryland – 9:50 am – 10:20 am 10:40 am – 11:40 am | Junior Power 7-12 year olds | \$200.00 | |
| 11:50 am – 12:35 pm | Pre-Power Hockey Skills Camp 4-6 year olds (must be able to skate and stop) | \$105.00 | |
| | | | |
| | | TOTAL → | |

THE FULLER LAKE SKATING CLUB RESERVES THE RIGHT TO CANCEL SESSIONS SHOULD THE NUMBER OF SKATERS BE INSUFFICIENT.

RELEASE: WE HEREBY RELEASE THE FULLER LAKE SKATING CLUB, ITS BOARD, COACHES AND THE DISTRICT OF NORTH COWICHAN AND ITS EMPLOYEES FROM ANY AND ALL CLAIMS, ACTIONS, CAUSES OF ACTION AND/OR DAMAGES RESULTING FROM INJURY, THEFT, ACCIDENTS OR OTHER LOSS, HOWEVER CAUSED. THE UNDERSIGNED AGREES TO ABIDE BY ALL RULES OF THE CLUB AND OF SKATE CANADA AS SET FORTH IN THE RULE BOOK OF THE ASSOCIATION.

SHOULD MEDICAL ATTENTION BE REQUIRED, I HEREBY GRANT CONSENT TO ANY PERSONS DIRECTLY ASSOCIATED WITH THE FULLER LAKE SKATING CLUB, IN WHICH MY CHILD A MEMBER, TO SEEK THE ATTENTION OF A MEDICAL OFFICER.

Signature (Parent or Guardian) _____
Date

Registration will be on a first come first serve basis. Please ensure all information is completed in full.

**Skate Canada Power Skating Coach: Cleve Shillingford
Dryland Coach: Colin McDougall**

REGISTRATION DEADLINE AUGUST 16, 2019

SUMMER POWER SKATING CAMP SCHEDULE
AUGUST 26 – 30, 2019

9:30 am – 10: 30 am - Senior Power

9:50 am – 10:20 am - Junior Power – Dryland **

10:30 am – 10:40 am – FLOOD

10:40 am – 11:40 am - Junior Power

10:45 am – 11:15 am - Senior Power – Dryland **

11:40 am – 11:50 am – FLOOD

11:50 am – 12:35 pm - Pre-Power

