



PALISADES CENTER ICE RINK

2010 Summer Skating Camp

Bring Your Dreams Into Focus



8 Weeks
Starting July 5th - August 26th
2:00 - 5:30pm

5 Skill Levels
From Beginner to Competitor

Telephone: (845) 535-3582 or e-mail
Christina@PalisadesSkatingSchool.com

Its Great to Skate

2010 Camp Staff



Christina Makris Hennessy

Skating School Director

Has Accomplished Senior Moves in the Field, Intermediate Freestyle, Intermediate Pairs, & Bronze Dance. 4x Senior National competitor, and Eastern Sectional Competitor in synchronized skating. 19 Years of skating experience, 11 years of coaching experience, & was an assistant coach of a Junior level synchronized



Emily Alacar

Has accomplished Senior Moves in the Field, Intermediate Freestyle and Intermediate Pairs. 9 years coaching experience

Rebecca Tew

Has taught Ballet for 9 Years & has had extensive training with Principle Dancers from the Bolshov & Kirov Ballets

There will also be Guest Coaches From the Palisades Center Skating School Staff

OUR COACHING STAFF HAS BEEN CHOSEN FOR THEIR COACHING ABILITY, PERSONALITY, AND EXPERIENCE AS WELL AS THEIR ABILITY TO MAKE LEARNING TO SKATE SAFE AND FUN.



The Rink is located on the 4th floor above Macy's

Nyack

Tappan Zee Bridge to Exit 12 West

NYS Thruway (87N/287W) Across

From the North:

(87S/287E) to Exit 12 West Nyack

sades Parkway North to NYS Thruway

Garden State Parkway North or Palisades Parkway North to NYS Thruway

From the South:

West Nyack, NY 10994

4900 Palisades Center Dr.

Palisades Center Ice Rink

ABOUT OUR CAMP

*Our camps are structured to bring out the best in your skater.
While here we expect them to work hard as well as have fun*

BEGINNER

(BASIC 2 thru 4)

This will include exercises from the USFSA Basic Skills Program. Our hope is to give each skater a better understanding of the sport & the desire to move to the next level.

ADVANCED BEGINNER

(BASIC 5 thru 8)

This is designed for skaters who have some skating experience. We will help your skater to build a strong foundation, showing correct use of edges, while preparing them for more advanced jumps and spins.

FREESKATE

(Freeskate Levels 1 thru 3)

This is for Skaters who have skating experience, and are just learning how to jump and spin.

ADVANCED FREESKATE

(Freeskate Levels 4 thru 6)

This is for skaters who have learned some of the single jumps and basic spins and wish to advance and fine tune them.

COMPETITOR

(Moves In The Field, Axels, Doubles)

This is for skaters who are working on or have already passed a USFSA Moves In The Field test, are working on all their single jumps, and are starting to work on their axels and double jumps. This is also for skaters who are competing, or are planning to be competitive.

OFF ICE (for all skaters)

Our off ice program will include ballet, and stretching. This will help them to build strong body positions that will help improve their over all skating and prevent injury. We will also be doing off ice jumping and conditioning, to help improve their technique and stamina.

ALL SKATERS MUST BE SIGNED IN & OUT BY A PARENT OR GUARDIAN.

All Skaters must bring the following items:

- Sneakers (No Sandals)
- Exercise Mat
- Jump Rope
- Ballet Slippers or Thick Socks
- Gloves
- A Snack & Drink or Money for a Snack & Drink
- Appropriate Clothing (sweater/sweatshirt, long pants or skating dress)

REGISTRATION

PERSONAL

Name _____
Street _____
City _____ State _____ Zip _____
Daytime Phone _____ DOB _____

EMERGENCY CONTACT

Name _____
Phone Number _____
Relation _____

EXPERIENCE LEVELS

Beginner Advanced Beginner
 Freeskate Advanced Freeskate
 Competitor Evaluate

PAYMENT

I am USFSA registered my number is _____

If you are not USFSA registered a \$10 annual fee will be added to the registration cost. This fee covers your registration for one year.

\$275/ WEEK Cash Check

\$245/ Week if signed up by June 20 2009

Visa/MC/AMEX # _____

Amount Paid _____

\$150 minimum deposit

SCHEDULE

Camp Runs Mon, Tue, Wed, & Thurs.

2:00 - 5:30pm

Please Check Week Desired

1 July 5 - 8 2 July 12 - 15 3 July 19 - 22
 4 July 26 - 29 5 Aug 2 - 5 6 Aug 9 - 12
 7 Aug 16 - 19 8 Aug 23 - 26

Typical Day

30 mins: Warm up & Stretching (off ice)
30 mins: On Ice Class (moves / Jumps / spins)
1hr of: Practice Ice
30 mins: Power Stroking, / Artistry
30 mins: Ballet / Strength and Conditioning

Amateur Athletic Agreement, Waiver & Release of Liability

In consideration of being allowed to participate in any way in the PALISADES CENTER ICE RINK athletic/sports programs, related events, and activities, the undersigned acknowledges, appreciates, and agrees that; The risk of injury from the activities involved in this program are significant, including the potential for permanent paralysis and death, while particular rules, equipment and personal discipline may reduce this risk, the risk of serious injury does exist and, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, or others, and do assume full responsibility for participation; and, I willingly agree to comply with the stated and customary terms & conditions for participation. If however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and, I for myself and on behalf of my children 18 or under, for whom I am signing, my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS The EklecCo, LLC ("owner"), The Palisades Center Ice Rink ("Facility"), Ice Management Group, LLC ("Manager"), their officers, officials, employees, and/or agents, other participants, sponsoring agencies, sponsors, advertisers and if applicable, owners and lessors of premises used to conduct the event("RELEASEES") WITH RESPECT TO ANY AND ALL INJURY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE during programs at the Facility or while at the Facility for any other reason, whether on or off the ice. I have read the rules of the Palisades Center Ice Rink and will abide by them. I have explained the rules to my children. I agree that the staff of the facility may require the withdrawal from any sessions any skater who violates the rules. I agree that the Palisades Center Ice Rink is not responsible for broken, lost or stolen equipment or other expenses incurred while at the Facility.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT. I FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT INDUCEMENT.

Signature of Applicant _____ Date _____

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify, I as a parent or guardian with legal responsibility for this participant do consent and agree to his/her release you provided above, all releases and for myself, my heirs, assigns, and next of kin, release and agree to indemnify the RELEASEES from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN ARISING FROM THEIR NEGLIGENCE.

Signature of Parent or legal guardian _____ Date _____

Palisades Center Ice Rink (845) 353-4855