

Waiver of Responsibility

SKATER/PARENT/GUARDIAN: I understand and agree that the USFS, Janet Champion and the Kent Skating Club, including its Board of Directors, and all volunteers assisting in the organization of the seminar undertake no responsibility for damages or injuries, or loss of property suffered by the SKATER, COMPETITOR, PARENT AND/OR GUARDIAN.

As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, USFS, Janet Champion, the KENT SKATING CLUB, including its Board of Directors and all volunteers assisting in the organization of the competition. SKATER/PARENT/GUARDIAN acknowledge that their entry forms shall be accepted only on such condition.

Signature of Competitor:

Date: _____

Signature of Parent/Guardian (if minor):

Date: _____



Janet Champion Seminar

Hosted by
The Kent Skating Club

Sunday, April 27, 2008
10am to 7pm*

At
The Kent State University Ice Arena

Contact Nicky Kappenhagen at:
nrksk8@netscape.net

Janet Champion

Janet Champion is a PSA Master rated coach in School Figures, Free skating, Moves in the Field and Group Instruction. She is currently coaching at the Broadmoor World Arena. Janet has worked with Regional, Sectional, National, International and Junior World skaters. She was also one of the three originators of the "Moves in the Field" test structure for the U.S.F.S. and is now working on a task force to bring the Moves in the Field into the International Judging System.

Every skater will get a 45 minute off ice class and two 45 minute on ice sessions with Janet.

Private Lessons

Private lessons with Janet will be available on Monday, April 28, 2008 at the Pavilion FSC. The fee is \$50 per ½ hour. To schedule a private lesson with Janet please contact Diane Moore at cluboffice@pavilionfsc.com. Skaters who attend the seminar will have first priority in scheduling lessons and lessons will be scheduled on a first come, first serve basis in the priority scheduling dates listed below. Please submit your email requests only during your sign up period.

April 11-15 Seminar Attendees

April 16-19 Kent & Pavilion SC Home Club members

April 20-23 Kent & Pavilion SC Associate members

April 24-27 All others

Coaches

Coaches may attend any of the on and off ice classes. The fee for coaches is \$25. However if a coach has 3 or more skaters attending the seminar he/she may attend for free. Please complete the registration form and list what 3 skaters he/she has attending.

Break Away Sports Training

Figure Skating is a precise and dynamic sport that requires flexibility, balance, coordination, explosiveness, strength, and power. You need to be in peak condition to meet the physical demands of this sport. Breakaway Sports Training will be holding two 30-minute sessions to help improve your performance on the ice. The first session will be an **Intro to Stretching** and the second an **Intro to Plyometrics and Core Stability**.

Intro to stretching - The goal of this session is to introduce athletes to a dynamic stretching routine utilizing the Flex band. The Flex band is used by professional and amateur athletes world wide. The benefits of using the Flex band include an increase in flexibility, increase of freedom of motion by decreasing internal resistance, and an improvement in overall performance while reducing the occurrence of injury.

Intro to Plyometrics and core stability - Plyometrics are exercises designed to produce fast, powerful movements to help develop explosiveness in jumping, improve hang time and jumping power. Core Stability is to effectively recruit the mid-section musculature and then learn to control the position of the lumbar spine during dynamic movements. Developing a strong core will enable you to increase spin speed, balance, coordination, and overall explosiveness. This session will introduce athletes to our Beginner Core and Plyometric programs and how to effectively add them to their training regiment.

Seminar Information:

Every skater will get one 45-minute off ice class and two 45-minute on ice classes with Janet as well as two 30-minute off ice classes with Break Away Sports Training. Lunch will be provided for participants.

*Times will be assigned to the skaters after registration is completed. Skaters will be grouped by level. Please check www.kentskatingclub.net for updates and the schedule. Space is limited.

Kent & Pavilion FSC Home club members will have priority registration until April 5. Registration forms will be accepted on a first come, first serve basis.

Please mail registration form and payment to:
The Kent Skating Club
c/o Nicky Kappenhagen
2855 Graham Rd #1
Stow, Ohio 44224

Make checks payable to The Kent Skating Club.

Please direct questions to Nicky at:

nrksk8@netscape.net

Janet Champion Seminar

Name of Skater: _____ Age: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (____) _____

E-mail: _____

Last Free Skate Test passed: _____

Last Moves Test passed: _____

Coach's Name: _____

Coach's E-mail: _____

Home Club: _____

Kent/Pavilion FSC Home club skaters:

_____ \$90 received by April 12

_____ \$100 received April 13 or later

All other skaters:

_____ \$100 received by April 12

_____ \$110 received April 13 or later

Coaches:

_____ \$25

_____ Free - if 3 of your skaters are attending the seminar. Please list below your 3 skaters:

Office use only:

Amount paid: _____ Check #: _____

Date Rec'd: _____