

2nd ANNUAL

TCSKATE

CLINIC

July 9th, 10th 2009

With special guest coaches

Lindsay O'Donoghue

And Maria Moscato

Off Ice Classes:

- Jumps and Balance
- Endurance and flexibility
- Nutrition
- Mental skills training
- Ballet
- Plyometrics

On Ice Classes:

- Jumps
- Spins
- Power
- Edges
- Artistry

Clinic Times

Thursday 11:00 - 5:00

Friday 10:00 - 4:00

Last year we offered a free off ice clinic to members of Twin Bays FSC. The clinics intention was to introduce skills and topics off ice which can enhance their experience as figure skaters. The clinic was a success and this year we have decided to include on ice classes as well. We will be taking a more in depth approach to the some of the off ice aspects as well. We are proud to bring some of the best professionals our area has to offer for this clinic. We hope you will join us in making this another successful event.

We are happy to announce this years following TCSkate clinic staff members.

Lindsay O'Donoghue

Lindsay O'Donoghue has 15 years teaching experience and has trained National and International skaters. She has her gold freestyle and field moves and was a two-time National competitor.

Maria Moscato

Maria Moscato formerly danced with UCLA, Western Michigan University, Wayne State University, and Oakland University. She has trained National and world level figure skaters for the past 15 years.

Laurent Masse

New England Regional Champion, Eastern Sectional Medalist, Jr. Mens Figures National Champion. 1990, 1991, 1992 National competitor. Gold Freestyle, Gold Figures

Heidi Masse

Twin Bays FSC ice show director, 15 years of dance experience, Freestyle coach and choreographer for 10 years

Lisa Franseen PHD

Sports psychologist, 1996 Olympic archery team Psychologist, has worked with many figure skaters on the mental aspect of training and performing. Returning member of TCSKATE CLINIC

Helayne Marchand

Certified trainer @ Centre Ice fitness. Has worked with TBSC skaters for several years and is a returning member of TCSKATE CLINIC

Nourish

Consultant group on nutrition for healthy living. Will focus on everyday and sports specific nutrition

Registration Form

Skaters Name: _____

Phone Number: _____

Email: _____

Age of Skater: _____

Highest Freestyle Test Passed: _____

None ____

Place a check by the day you wish to attend

Thursday only - \$65 ____

*Nutrition will not be offered on this day

Friday only - \$65 ____

*Mental skills will not be offered on this day

Thursday and Friday \$110 ____

Make checks payable to tcskate

Coaches are welcome to join us for free and to participate.

Return completed forms (registration and waiver) to Laurent@tcskate.com or to 9187 S. Nash rd. Maple City, MI 49664

Registration due June 23rd, 2009

**Schedule will be finalized after registration. All classes will be covered over the two day seminar. NOT all classes will be held both days – in order to participate in all classes, skaters should register for both days. Skaters may be divided into two groups based on tests passed. Groups to be determined based on registration numbers. Schedule is subject to change. Skaters will be notified of the final schedule and any changes prior to the clinic. For any questions please email Laurent Masse at Laurent@tcskate.com

WAIVER

In exchange for my being able to participate in the “TC Skate Clinic”, I am, if I am not 18 yrs old, my parent or legal guardian (individually and collectively referred to below in the first person singular) agree to be bound to each of the following:

1. Identification of Risks I understand that participation in the activity involves risk of serious injury, including permanent disability, death and other losses, both to person and property. I understand that these injuries and losses might result from the actions, inactions, negligence, or conduct of others, the rules of the activity, or the condition of the premises or of any of the equipment used.

2. Assumption of Risk I assume all risks, known and unknown, in anyway connected with my participation in the Activity. I accept personal responsibility for any liability, injury, loss, or damage in any way connected with my participation in the Activity.

3. Waiver and Release I waive, release, and hold harmless TC Skate and each of their staff members, employees, volunteers, agents, successors, and assign from all claims for any liability, injury, loss, or damage in any way connected with my participation in the activity whether or not caused in whole or part by the negligence or other misconduct of any of the organizations of the individuals mentioned above. I intend for this waiver and release also to apply to any relatives, personal representatives, heirs, beneficiaries, next of kin, or assigns who might pursue any legal action or claim for such liability, injury, loss, or damage.

4. Consent to Medical Treatment I agree that a TC Skate staff member may provide to me, through medical and personal of its choice, customary medical or training assistance, transportation, and emergency medical services. This consent does not impose a duty upon them to provide such assistance, transportation, or services.

I HAVE READ THIS WAIVER, RELEASE, AND CONSENT. I UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING THIS WAIVER, RELEASE, AND CONSENT VOLUNTARILY.

Printed name _____

SIGN _____

If the person participating in the activity is not 18 yrs old, a parent or legal guardian must sign below (in addition to the child’s signature above). As parent or legal guardian of the above - named child, I verify that I fully agree to, understand, and accept all provisions of the Wavier, release, and consent.

Printed name _____

SIGN _____

Date _____

HOTELS IN TC

Bay Shore Resort - indoor pool, on lake MI
Deluxe Continental Breakfast
833 Front Street
Traverse City, MI 49686
(231) 935-4400 or (800) 634-4401

Park Shore Resort
1401 US 31, N.
Traverse City, MI 49686
(231) 947-3800
Continental Breakfast

Grand Beach Resort Hotel
1683 US 31 North
Traverse City, MI 49686
(231) 938-4455 or (800) 968-1992
Continental Breakfast

Holiday Inn
615 East Front Street
Traverse City, MI 49684
(231) 947-3700 or (800) 888-8020

Hampton Inn
1000 US 31 North
Traverse City, MI 49686
(231) 946-8900
Continental Breakfast

Baymont Inns & Suites
2326 N. US 31 South
Traverse City, MI 49684
(231) 933-4454 or (800) 968-4454
Continental Breakfast

Park Place Hotel – Downtown
300 E. State St.
Traverse City, MI 49686
(231) 946-5000 or
email: hotel@park-place-hotel.com

This is not a complete listing of hotels in Traverse City. Dates of the clinic are the same week as our National Cherry Festival. Please make arrangements as soon as possible to reserve your rooms.