



CanSkate Clinic (Stages 4 to 7) With Liz Manley January 13, 2012

**Location:
Eganville
Community Arena
179A Jane Street,
Eganville, ON**

\$25 per skater

**For more
information please
contact
Rita Barrette at
barrette@nrtco.net**

**Registrations will
be accepted
on or before
December 31, 2011**

On behalf of the Eganville Figure Skating Club we are pleased to invite all CanSkaters (stages 4 to 7) to join us with Liz Manley on Friday, January 13th, 2012. In order to ensure your participation you must have passed Stage 3 by December 1st, 2011 and working on Stage 4 or working on Stages 5 to 7 inclusive. Skaters will be grouped by levels Stage 4, Stage 5, Stage 6 & 7. Skate Canada's helmet policy is also in effect. Registrations will be accepted on or before December 31, 2011.

**Location: Eganville Community Arena
179A Jane Street, Eganville, ON**

Registration will take place from 8:30 am to 9:30 am.

**The seminar will end at approximately at 3:30 pm.
We encourage all participants to arrive early for registration.
All coaches are welcome to attend with their skaters.**

The purpose of the clinic is to help enhance skating performance, improve technical skills and provide motivation to keep skating as part of a healthy lifestyle.

What to bring: You must be fully prepared to participate in all activities (e.g. no new skates, injury free, etc). If you are uncomfortable with any instructor aligning your muscles you must let us know before the session.

- ⇒ On-ice: be sure to bring several layers - our arena is not heated. Don't forget your skates.
- ⇒ Off-ice: shorts, running shoes, etc. Plus bring a mat or large beach towel. If you own an exercise ball, please bring it. We will have extras for skaters without one.
- ⇒ Skaters: are welcome to bring their lunch. EFSC will have the kitchen and will have lunch for sale.

The registration form attached must be post marked no later than December 31, 2011. Late entries will only be accepted if there are any cancellations.

**Fee: \$25 per skater - cheque payable to the Eganville Figure Skating Club,
Box 515, Eganville, ON K0J 1T0**



THE ONTARIO
TRILLIUM
FOUNDATION



LA FONDATION
TRILLIUM
DE L'ONTARIO





CanSkate Clinic Stages 4 to 7 With Liz Manley Jan. 13, 2012-Registration Form

Skater's Name: _____ Skate Canada #: _____

Date of Birth (d/m/y): _____ Home Club: _____

Address: _____

Town: _____ Postal Code: _____

Email (required - please print): _____

Phone: _____ Cell: _____

Coach: _____ High Stage Passed: _____

Dated passed: _____

Medical Advisory:

Please make sure to bring your health card or number with you. Please indicate any relevant medical concerns or food allergies:

Every care and attention will be given to the health and safety of the skater, but the Eganville Figure Skating Club, Eastern Ontario Section, Skate Canada or the clinic conductors and volunteers cannot be held responsible for any accidents that may occur. I have read, understand and agree to Skate Canada Rule 7000B (1.11) regarding accidents.

Name of Parent/Guardian - please print

Signature of Parent/Guardian

Photo Permission:

Eganville Figure Skating Club periodically uses photos for publicity, such as their website, to generate awareness of our sport and acknowledges skater's achievements. Unless you check OPT-OUT, we may use the skater's name and image.

_____ OPT-OUT

