

Blades 'n Motion

ADULT SYNCRO TEAM

Omaha, Nebraska

**YOUTH SYNCHRONIZED SKATING WORKSHOP
SATURDAYS DURING FEBRUARY 4, 2006 TO APRIL 15, 2006
AT BENSON ICE ARENA, OMAHA, NEBRASKA
2:15 PM TO 3:30 PM**

**INCLUDES: 10 WEEKS OF PROFESSIONAL TRAINING, ICE TIME,
CHOROGRAPHED PROGRAM WITH PERFORMANCE.
T-SHIRT, AND COMPLETION CERTIFICATE**

Synchronized Skating improves skating skills and is fun and exciting - especially performing and thrilling the audiences with unique patterns and formations.

THE BLADES 'N MOTION SKATING TEAM is proud to host Youth Introductory Synchronized Skating Workshop. This Workshop will enable young skaters to experience the art of synchronized skating, enhance their skating skills, learn teamwork, in a fun atmosphere while making new friends.

The workshop will run over a period of 10 weeks with a professional programmed performance at the end of the session and will follow the guidelines set forth by the USFS.

An outline of our Program is as follows:

Goal

To introduce basic synchronized skating skills and techniques to our young local skaters and allowing them to perform a program from start to finish. We will also assess the interest for an organized youth synchronized skating team.

Participants

The Workshop is open to boy and girl skaters between the ages of 7 and 12 who have passed skill level of Basic 6 to FS 6. Team size is limited during this period. We anticipate this workshop to fill up fast so register soon!

Instructor

Sharon Sanders, Coach, Learn to Skate Director for Premiere FSC and Program Director of the Blades 'N Motion Adult Synchronized Skating Team, will direct the workshop. Sharon has coached numerous levels of successful synchronized skating teams over the past 15 years and her passion for the sport shows through her coaching style.

Reward

All skaters will be issued a FREE “cool” T-shirt to be worn at each practice session. A certificate of completion will be issued at the end of the workshop along with the opportunity to skate a fun performance for family and friends.

Costs

The total package which includes 10-1 hour on-ice skating sessions (one or more of these sessions could be off-ice sessions), Coaching fees, T-Shirt and choreographed program is \$195.00. All fees must be prepaid at the time of registration. Visa or MasterCard is accepted.

A performance costume will be required to be worn for the performance. Maximum purchase price for the costume is \$50.00. Costume payment is due 4 weeks prior to the performance.

Refunds

The success of this program, as it is on a Synchro Team, depends on the commitment of each and every skater who participates. Skaters are expected to complete the workshop; therefore, no refunds will be given after the start of the program. A program refund fee can be given prior to the start of the workshop and is as follows:

- 100% of the Program Fee is refundable if the skater withdraws 4 weeks prior to the workshop start date;
- 75% 3 weeks prior to the workshop start date
- 50% 2 weeks prior to the workshop start date and
- 25% 1 week prior to the workshop start date.

Rules

Rules are needed to insure the safety and enjoyment of each and every skater and to present a good program. The rules are attached and should be read thoroughly to insure complete understanding. Please call Sharon Sanders at (402) 669-1414 with any questions regarding the rules.

GENERAL RULES

- W-1 Each member of each team must be either a member (or skating in a LTS Program) of a local Figure Skating Club.
- W-2 Skaters must own their own figure skates. Skates must fit properly and provide the appropriate support to the size and skating level of the skater. The Coach prior to the start of the workshop will examine skates.
- W-3 The Coaches and their aids are in charge and their instructions **must be followed at all times!**
- W-4 Inappropriate behavior will not be tolerated during on and off ice training.
 - A. First offense: verbal reprimand
 - B. Second offense: off ice and parent conference
 - C. Third offense: removed from program
- W-5 All skaters are to be “ON THE ICE” at the designated practice time. Therefore, a skater must arrive at the rink **at least** ten (10) minutes prior to the scheduled start time to allow for preparations and taking of attendance.
- W-6 Rink rules & regulations must be followed any time the skater is on the premises during the workshop.
- W-7 Chronic absence (both on-ice and off-ice sessions) may result in an individual being dropped from the program. Disciplinary action to be taken will be determined by the head Coach.
- W-8 All skaters will wear the official team uniform to all practices, competitions, exhibitions and other team events as designated by the coach.
- W-9 Any suggestions or complaints about a team member must be presented privately to the Coach for discussion and/or Blades ‘N Motion Chairperson.

YOUTH SYNCHRONIZED SKATING WORKSHOP

HOSTED BY:

**BLADES 'N MOTION ADULT SYNCHRO TEAM
AND SPONSORED BY THE WINNING EDGE**

**SATURDAYS FEBRUARY 4, 2006 TO APRIL 15, 2006
AT BENSON ICE ARENA, OMAHA, NEBRASKA
2:15 PM TO 3:30 PM**

**INCLUDES: 10 WEEKS OF PROFESSIONAL TRAINING, ICE TIME,
CHOROGRAPHED PROGRAM WITH PERFORMANCE.
T-SHIRT, AND COMPLETION CERTIFICATE**

Sign up today by filling out the enrollment form below.

Enrollment is limited. We anticipate this Workshop to fill up fast so please complete, sign and mail this enrollment form with check payable to: Blades 'N Motion, 11037 "O" Street, Omaha, NE 68137. You may pay by Visa or MasterCard. Please call Deb at 330-8052 regarding charging your child's program fees.

Youth Synchronized Skating Workshop Registration Form

Skater's Name: _____ Age _____

Mailing Address: _____

Phone: (home) _____ (work) _____ (cell) _____

Parent's Name: _____

Club Name: _____ Primary Coach Name: _____

Highest moves in the field test passed: _____

Circle size T-Shirt/Sweatshirt: *Child Size* - Med Large *Adult Size* - Small Med.

We, the parent of _____ hold Blades 'N Motion's Skating Team, its' coaches and aids, The Winning Edge and Benson Ice Arena harmless of any accident or injury that may occur during your child's participation in this program. This includes the ice arena premises before, during and after the workshop or travel to any on or off- ice Synchro workshop training session.

I have read and understand the above liability disclaimer.

Signature

Date

Blades 'N Motion Adult Synchronized Skating Team is a member of the USFS. The coach(es) facilitating this workshop are registered with the Professional Skater's Association.