

FUNDamentals Speed Skating Camp



August 28-31, 2010
8:00am-1:00pm daily
RIM Park, Waterloo
Hosted by KW Sertoma SpeedSkating Club

For 5-12 year olds
Beginners and novices
Learn and practice the basics of speed skating
With certified coaches
7 hours of ice as well as dryland and off ice instruction

Registration Date and Skate Pick-up: Monday, August 16th
Cost: \$50 per person
Speed Skate Rental: \$25

**For more information, please contact camp coach:
Patti Walsh 519-749-1425 walskate@rogers.com**

**FUNDamentals SpeedSkating Camp Application
For 5-12 year olds
August 28-31, 2010**

Name: _____ Male _____ Female _____ Age _____

Address: _____ Phone: _____
 _____ Email: _____

Emergency Information:

Contact Person: _____ Relationship to Skater: _____

Phone: _____ (Home)
 _____ (Business)
 _____ (Cell)

Medical Conditions and Allergies: _____

Previous Skating Experience: (please complete all that apply)

None _____ Speed Skating _____ Applicable Seed time (333m or 500m) _____
 Hockey _____ Figure Skating _____ Ringette _____ Recreational _____ Rollerblading/Inlining _____

In consideration of acceptance of this application, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damage I may have against KW Sertoma Speed Skating Club, The Ontario Speed Skating Association, Speed Skating Canada, the City of Kitchener and the City of Waterloo, on or suffered by me during club organized practice, training or competition events.

Signature: _____ Date: _____
 (Parent/Guardian Signature required for Applicants under Age 18)

What to Bring/Wear: (some equipment is available on loan - first come, first served)

Long sleeve wear for ice	Shorts and Tshirt	
Comfortable athletic wear or tights for ice	Running/training shoes	Water bottle
Shin guards, knee pads, bib style neck guard	Water repellent Jacket	Snacks (granola bars, fruit, juice, yogurt, crackers, cheese)
Cut resistant gloves	Hat and Sunscreen	
Hard shell Helmet (biking,hockey,speedskating)	Extra dry socks	Participants should have medical/emergency information in their bag
Speed Skates and guards (if not renting)	Small drying towel	

Registrations due by August 16, 2010

(make cheques payable to KW Sertoma SpeedSkating Club)

\$50 Camp Fee _____ cheque _____ cash
 \$25 SpeedSkate Rental _____ cheque _____ cash _____ N/A _____ skate number