

# Waiver



## Spring-Summer 2010 Learn to Speedskate Program

Skater's Name

Parent's Name

I hereby release U.S. Speedskating and The Potomac Speedskating Club, its coaches, members, officers, and agents of any liability in the event of my/my child's injuries, illness or death. I/We recognize that the sport of speedskating is a fast and unpredictable activity.

I/We recognize that participating in this sport exposes me/my family to falls, collisions and other unforeseen impacts that could result in severe injury/death.

I/We also understand and acknowledge that off ice (dryland) training/ on-ice training is stressful on the cardiovascular system and that by signing this release I/we are testifying that I/we are physically able to participate in this activity. I/We accept that it is totally my/our responsibility to monitor my/their well being and fitness levels before, during and after practices in order to evaluate my/our ability to continue to participate safely.

Signature

Date

**Cabin John Ice Rink  
Rockville, MD**



10610 Westlake Drive  
Rockville, MD 20852  
301-765-8620

Saturday mornings, 7:00-8:45 am

Choose Session I, Session II or both!

Arrive by 7 am. Skate from 7:15-7:45 am or 7:45-8:15 am followed by off-ice training from 8:15-8:45 am.

Session I
April 17
April 24
May 1
May 8
May 15

Session II
May 22
<b>No Skating May 29</b>
June 5
June 12
June 19
June 26



Spring/Summer  
**Learn to  
Speedskate  
Program**

**Cabin John Ice Rink  
Rockville, MD**

# Registration

Skater's Name \_\_\_\_\_

Parent's Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ ST \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Tel. \_\_\_\_\_

Date of birth \_\_\_\_\_

Shoe size \_\_\_\_\_

Choose one or both sessions:

Session I       Session II

Level of Experience

- Has never skated before
- Has figure skated \_\_\_\_\_ years
- Has hockey skated \_\_\_\_\_ years

## Learn to Speedskate Session Fees

\$125 includes 5 ice and 5 dryland sessions.

Do both sessions for \$240.

Full payment due by 4/26.

No refunds after the first class.

For late registration,

please email [info@potomacspeedskating.org](mailto:info@potomacspeedskating.org)

\*Fee will be pro-rated if student is joining part way through the 10 session program.

Make checks payable to:

**Potomac Speedskating Club**

Return this form to:

Potomac Speedskating Club, Inc.

4201 Wilson Blvd. Ste. 110-437

Arlington VA 22203

[info@potomacspeedskating.org](mailto:info@potomacspeedskating.org)

1-877-SKATE90

## Coaching

The Washington area is home to many Olympic, World and National championship skaters. We are fortunate that many of these former champions are available to introduce the sport of short-track speedskating to new skaters. We will provide you with the coach's name and biography prior to your first class.

## Rental Speedskates

Please contact Mr. Don Giese in Bowie, MD to arrange for rental speedskates to use for 2 months or longer. His number is 301 262-8042.

If he does not have skates in your size, you may rent hockey skates to use from the Cabin John rink instead for \$3.25 per session.

## About the Program

Beginning classes will be conducted on the Studio Rink at Cabin John. The classes will be divided into two groups and we will give you your assignment before the first class. Ice sessions will be followed by 30 minutes of dryland training outdoors, weather permitting.

## Pre-Requisites

None required but prior figure or hockey skating experience helpful, particularly if skater has mastered forward crossovers.

## Equipment and Clothing Requirements

Skaters need a bike or hockey helmet, long pants (not jeans), zip jacket with long-sleeve shirt underneath, and gloves. Shin guards desirable. For dryland training, bring good running shoes, compression/bike shorts, T-shirts or whatever clothing is weather-appropriate. Bring a water bottle with water or a sports drink. All items should be marked with the skater's name.

# Spring/Summer Learn to Speedskate Program



Cabin John Ice Rink  
Rockville, MD

**April 17-May 15 (Session I)**  
**May 22-June 26 (Session II)**

Open to Adults and  
Children Ages 5 and Up