



# SKATER DEVELOPMENT PROGRAM 2017

*June 26 – August 26*

18005 Aurora Avenue North • Shoreline, WA 98133 • 206-546-2431

www.highlandice.com

SKATER'S NAME \_\_\_\_\_

## **I N F O R M A T I O N**

- 25% deposit must be paid by May 21, 2017 to qualify for early payment discount.
- 10% early payment discount given (a la carte & Bridge Program only) if paid in full by June 11, 2017.
- For skater to be able to participate in program, payment in full must be received by June 18, 2017.
- Processing fee of \$25.00 for all refunds; however, there will be **no refunds after June 11, 2017**.
- There will be no credits for missed sessions. Cancellations must have approval of Terry Green or Diana Stephens.
- **All skaters must have a credit / debit card on file. Any sessions attended during the week that were not pre-paid will be charged to the card on the following Monday.** Initial \_\_\_\_\_
- Sessions with less than eight (8) skaters / students may be cancelled and skaters / students may be moved to another session.
- All skaters **must sign-in / check-in** for all sessions **before** going onto the ice / attending class. Those who do not sign-in / check-in may be removed from the ice / class for the remainder of the session without refund or credit.
- Skaters are responsible to skate in a safe, courteous and attentive manner displaying good sportsmanship at all times. Skaters not using their time wisely may be moved to a less competitive session.
- *Skaters not adhering to the posted responsibility codes may be asked to leave the ice for the remainder of the session without refund or credit.*
- Private lesson fees for Freestyle sessions **are not included**. Students are responsible for scheduling lessons with the Highland instructor of their choice.

## **C L A S S E S   W I T H   I N S T R U C T I O N**

|                                 |  |
|---------------------------------|--|
| <b>DARTFISH:</b>                | Skating technique review. Instructor: Darin Hosier   |
| <b>DYNAMIC OFF-ICE WARM UP:</b> | Prepare for your skating day. Instructor: Darin Hosier   |
| <b>SPINS &amp; SPIRALS:</b>     | Improve form, increase speed of rotations, spirals. Instructor: Corrie Martin, Becci Safai   |
| <b>STROKING:</b>                | Power stroking and edges. Instructor: Highland Staff Instructors   |
| <b>SKILLS:</b>                  | General skating skills for the mid-level skater. Instructors: Kalina Chung, Julie Draney, Heather VanHulle. Jumps, edges and turns, music interpretation and artistry. |
| <b>BALLET:</b>                  | Discipline, poise and balance. Instructor: Marco Carrabba. Monday  |
| <b>STRETCH:</b>                 | Proper stretching and cool down after skating. Instructor: Corrie Martin. Tuesday, Thursday  |
| <b>STRENGTH TRAINING:</b>       | Gain core strength, stability and stamina. Instructor: Blue Stiley. Wednesday, Friday  |

## **O F F I C E   U S E   O N L Y**

|           | AMOUNT | RECEIVED BY | DATE | RECEIPT # |         | AMOUNT | RECEIVED BY | DATE | RECEIPT # |
|-----------|--------|-------------|------|-----------|---------|--------|-------------|------|-----------|
| TOTAL DUE | \$     |             |      |           | PAYMENT |        |             |      |           |
| PAYMENT   |        |             |      |           | BALANCE |        |             |      |           |
| BALANCE   |        |             |      |           | PAYMENT |        |             |      |           |
| PAYMENT   |        |             |      |           | BALANCE |        |             |      |           |
| BALANCE   |        |             |      |           | PAYMENT |        |             |      |           |

**MANAGEMENT RESERVES THE RIGHT TO  
RESCHEDULE SESSIONS**

|                       |                     |                  |
|-----------------------|---------------------|------------------|
| <b>Name of Skater</b> | <b>Date</b>         |                  |
| <b>Address</b>        | <b>City</b>         | <b>State/Zip</b> |
| <b>Home Telephone</b> | <b>Cell Phone 1</b> |                  |
| <b>Cell Phone 2</b>   | <b>Birth Date</b>   |                  |
| <b>Coach(es)</b>      | <b>Email</b>        |                  |

**MEDICAL RELEASE**

In the event that I am unable to consent to medical care for myself and/or my minor child, I hereby authorize Highland Sports Center Inc. to obtain any necessary medical assistance.

Signature of Parent/Guardian or Participant if 18 years of age

Please list any allergies, drug allergies or medical conditions we should be aware of.

**Highland Sports Center, Inc. Participant Release - Read Before Signing -**

In consideration of being allowed to participate in any way in the **Highland Ice Arena** program, related events and activities of **Skater Development Program 2017**, I, the undersigned, acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in the program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown of my participation in **Skater Development Program 2017**, EVEN ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation in **Skater Development Program 2017**. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE **Highland Sports Center, Inc.**, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event (Releasees), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.
5. Arbitration: In further consideration of allowing me to participate in the aforementioned activities I hereby agree to submit to binding arbitration any and all claims which I believe I may have against the facility arising from my activities at the facility. The arbitration shall be pursuant to the rules of the American Arbitration Association. The arbitrators shall apply the Federal Rules of Evidence to all proceedings.

Arbitration shall be commenced within one (1) year from the date on which any alleged claim first arose. Further, the arbitration shall be held in the town where the Arena is located, unless otherwise mutually agreed to by all the parties. The submission to the American Arbitration Association shall be unlimited and the arbitration may be enforced by any court of competent jurisdiction.

**I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN FREELY AND VOLUNTARILY WITHOUT INDUCEMENT.**

Participant's Signature (age 18 and up) \_\_\_\_\_ Date \_\_\_\_\_

Emergency Telephone(s) and Contacts \_\_\_\_\_

Birthdate of Participant \_\_\_\_\_

**FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE**  
(Participant under age 18 at time of registration)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above for all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_



# SKATER DEVELOPMENT PROGRAM 2017

June 26 – August 26

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SKATER'S NAME \_\_\_\_\_

| FREESTYLE SESSION AND CLASS SCHEDULE |               |     |   | Week 1                      | Week 2  | Week 3    | Week 4    | Week 5    | Week 6     | Week 7   | Week 8    | Week 9    |
|--------------------------------------|---------------|-----|---|-----------------------------|---------|-----------|-----------|-----------|------------|----------|-----------|-----------|
| Time                                 | Session       | Loc | Days Available  | Jn 26-Jul 1                 | Jul 3-8 | Jul 10-15 | Jul 17-22 | Jul 24-29 | Ju31-Aug 5 | Aug 7-12 | Aug 14-19 | Aug 21-26 |
| 6:00a - 6:45a                        | Freestyle-O   | 1   | M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/> |                             |         |           |           |           |            |          |           |           |
| 6:45a - 7:30a                        | Freestyle-O   | 1   | M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/> |                             |         |           |           |           |            |          |           |           |
| 7:30a - 7:50a                        | Dartfish      | L   | M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/> |                             |         |           |           |           |            |          |           |           |
| 7:50a - 8:20a                        | Warm-up-H, M  | L   | M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/> |                             |         |           |           |           |            |          |           |           |
| 7:30a - 8:15a                        | Freestyle-O   | 1   | M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/> |                             |         |           |           |           |            |          |           |           |
| 8:30a - 9:15a                        | Freestyle-O   | 1   | M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/> |                             |         |           |           |           |            |          |           |           |
| 9:15a - 10:00a                       | Freestyle-O   | 1   | M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/> |                             |         |           |           |           |            |          |           |           |
| 10:00a - 10:25a                      | Skills Class  | 2   | M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/> |                             |         |           |           |           |            |          |           |           |
| 10:15a - 11:00a                      | Freestyle-H   | 1   | M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/> |                             |         |           |           |           |            |          |           |           |
| 11:00a - 11:45a                      | Freestyle-M   | 1   | M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/> |                             |         |           |           |           |            |          |           |           |
| 11:30a - 11:55a                      | Spin Class-H  | 2   | M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/> |                             |         |           |           |           |            |          |           |           |
| 12:00p - 12:25p                      | Spin Class-M  | 2   | M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/> |                             |         |           |           |           |            |          |           |           |
| 12:00p - 12:30p                      | Stroking-H    | 1   | M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/> |                             |         |           |           |           |            |          |           |           |
| 12:30p - 12:45p                      | Stroking-M    | 1   | M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/> |                             |         |           |           |           |            |          |           |           |
| 12:50p - 1:50p                       | Off Ice Class | S   | M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/> |                             |         |           |           |           |            |          |           |           |
| 7:45a - 8:45a                        | Freestyle-O   | 1   |   | Sa <input type="checkbox"/> |         |           |           |           |            |          |           |           |
| 12:15p - 1:15p                       | Freestyle-O   | 1   |   | Sa <input type="checkbox"/> |         |           |           |           |            |          |           |           |

**H = HIGH TEST: MUST HAVE 1 CONSISTENT DOUBLE JUMP | M = MID TEST: LEARN TO SKATE PRE-FS - NON TEST | O = OPEN TO ALL LEVELS**

**BRIDGE PROGRAM** - Price is for full week registrations only. (LEARN TO SKATE PRE-FS - NON TEST SKATERS ONLY).

| Time            | Session          | Loc | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9          |
|-----------------|------------------|-----|--------|--------|--------|--------|--------|--------|--------|--------|-----------------|
| <b>BRIDGE</b>   |                  |     |        |        |        |        |        |        |        |        |                 |
| 9:15a - 5:00p   | Public           | 2/1 |        |        |        |        |        |        |        |        |                 |
| 10:00a - 10:25a | Skills Class     | 2   |        |        |        |        |        |        |        |        |                 |
| 12:00p - 12:25p | Spins Class-M    | 2   |        |        |        |        |        |        |        |        |                 |
| 12:30p - 12:45p | Stroking Class-M | 1   |        |        |        |        |        |        |        |        |                 |
| <b>Per Week</b> | <b>\$90.00</b>   |     |        |        |        |        |        |        |        |        | # of weeks = \$ |

If you wish to add **Freestyle(s)** or **Off Ice classes**, please see Pricing page. The 11:00am FS is recommended for Bridge Program skaters (2nd choice - 9:15am, 3rd choice - 8:30am).

**NOTE:** We recommend skaters have at least one private lesson each week on a Freestyle session. This enables the instructor to teach the skater proper skating etiquette and safety, and how to use your time wisely. If you do not have a private instructor please contact Mrs. Green, who will assist you in finding an instructor.

| LEGEND                     |                             |                               |
|----------------------------|-----------------------------|-------------------------------|
| High = 1 consistent double | Mid = LTS Pre-FS - Non Test | FS = Freestyle                |
| DF = Dartfish              | WU = Warm-up                | ST-H = Stroking-High          |
| OI = Off Ice Class         | SK = Skills Class           | ST-M = Stroking-Mid           |
|                            |                             | SP-H = Spin/Skills Class-High |
|                            |                             | SP-M = Spin/Skills Class-Mid  |



# SKATER DEVELOPMENT PROGRAM 2017

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SKATER'S NAME \_\_\_\_\_

| DROP-IN PRICING |              |              |              |              |
|-----------------|--------------|--------------|--------------|--------------|
| FS \$14.00      | DF \$ 8.00   | WU \$ 8.50   | ST-H \$ 8.00 | ST-M \$ 4.00 |
| SK \$ 8.00      | SP-H \$ 8.00 | SP-M \$ 8.00 | OI \$16.50   |              |

| A LA CARTE PRICING   |   |   |         |                                  |
|--|---|---|---------|----------------------------------|
| FULL WEEK, MONDAY-FRIDAY<br>(THESE PRICES ARE A 20% DISCOUNT OFF OF DROP-IN RATES) |   |   |         |                                  |
| FS   | # | 1 | per day | _____ weeks X \$56.00 = \$_____  |
| FS   | # | 2 | per day | _____ weeks X \$112.00 = \$_____ |
| FS   | # | 3 | per day | _____ weeks X \$168.00 = \$_____ |
| DF   | # | 1 | per day | _____ weeks X \$32.00 = \$_____  |
| WU   | # | 1 | per day | _____ weeks X \$32.00 = \$_____  |
| ST-H   | # | 1 | per day | _____ weeks X \$32.00 = \$_____  |
| ST-M   | # | 1 | per day | _____ weeks X \$16.00 = \$_____  |
| SK   | # | 1 | per day | _____ weeks X \$32.00 = \$_____  |
| SP-H   | # | 1 | per day | _____ weeks X \$32.00 = \$_____  |
| SP-M   | # | 1 | per day | _____ weeks X \$32.00 = \$_____  |
| OI   | # | 1 | per day | _____ weeks X \$66.00 = \$_____  |
| <b>SUB TOTAL \$ _____</b>  |   |   |         |                                  |
| Paid in full by June 11, 2017 = 10% discount \$ _____                              |   |   |         |                                  |
| <b>FULL WEEK TOTAL \$ _____</b>  |   |   |         |                                  |

| PART WEEK, 1-4 DAYS/SESSIONS PER WEEK<br>(THESE PRICES ARE A 15% DISCOUNT OFF OF DROP-IN RATES) |   |       |                          |                   |
|---|---|-------|--------------------------|-------------------|
| FS  | # | _____ | sessions X _____ weeks X | \$11.90 = \$_____ |
| DF  | # | _____ | sessions X _____ weeks X | \$6.80 = \$_____  |
| WU  | # | _____ | sessions X _____ weeks X | \$6.80 = \$_____  |
| ST-H  | # | _____ | sessions X _____ weeks X | \$6.80 = \$_____  |
| ST-M  | # | _____ | sessions X _____ weeks X | \$3.40 = \$_____  |
| SK  | # | _____ | sessions X _____ weeks X | \$6.80 = \$_____  |
| SP-H  | # | _____ | sessions X _____ weeks X | \$6.80 = \$_____  |
| SP-M  | # | _____ | sessions X _____ weeks X | \$6.80 = \$_____  |
| OI  | # | _____ | sessions X _____ weeks X | \$14.00 = \$_____ |
| <b>SUB TOTAL \$ _____</b>   |   |       |                          |                   |
| Paid in full by June 11, 2017 = 10% discount \$ _____   |   |       |                          |                   |
| <b>PART WEEK TOTAL \$ _____</b>   |   |       |                          |                   |

| MONTHLY FLAT RATE -<br>Freestyle & Public Sessions Only<br>(July / August 2017)  |          |
|--|----------|
| Valid for one skater from the 1st of the month through the last day of the month (no pro-rating). All skaters must check-in/sign-in before skating for all Freestyle and Public sessions. Passes are non-refundable and non-transferable.                        |          |
| All Skaters ages 3-5   | \$175.00 |
| Adult (21+)  | \$195.00 |
| Non-Test / 6+ yrs -- Pre-Juvenile  | \$275.00 |
| Juvenile -- Senior   | \$330.00 |
| *Skaters using flat-rate passes must fill out the A La Carte form with the Freestyle sessions they will be skating. The Skaters name will be listed on the Daily Sheets for the selected sessions. Skaters may sign in for other sessions as space is available. |          |

| PRE-PAID PUBLIC ADMISSION CARDS |                |                                |
|---------------------------------|----------------|--------------------------------|
| ADULT / TEEN                    | CHILD / SENIOR |                                |
| \$ 67.50                        | \$ 58.50       | For 10 Sessions (10% discount) |
| \$132.00                        | \$114.40       | For 20 Sessions (12% discount) |

| BRIDGE PROGRAM PRICING                                |  |
|---|--|
| <b>SUB TOTAL \$ _____</b>                             |  |
| Paid in full by June 11, 2017 = 10% discount \$ _____ |  |
| <b>PACKAGE TOTAL \$ _____</b>                         |  |

|                  |           |                     |
|------------------|-----------|---------------------|
| Pass: Ages 3-5   | Jul / Aug | \$175.00 = \$ _____ |
| Pass: Adult      | Jul / Aug | \$195.00 = \$ _____ |
| Pass: NT6+ -- PJ | Jul / Aug | \$275.00 = \$ _____ |
| Pass: Juv -- Sr  | Jul / Aug | \$330.00 = \$ _____ |
| <b>TOTAL</b>     |           | <b>\$ _____</b>     |