



Skating Skills Clinic

Evening Sessions

September 13-16th 6:45-8:15 PM

Full Gear Required

Register By September 1, 2010 (postmarked)..... \$150.00
 Registrations postmarked after September 1, 2010..... \$170.00
 (Family discounts available. -\$25.00 for 2 skaters, -\$35.00 for 3 skaters)

*1.5 hours per evening. Groups split after 1 hour to work in smaller skill groups
(6 Intense Hours of Instruction)*

Experienced Skating Instructors

Attention to Proper Form and Technique Positive Training Environment* Individual Skater Confidence* Instructors that care about the improvement of each and every skater**

*On Ice Skating Skills Areas of Concentration: Balance*Agility* Quickness*Speed*Flexibility* Power & Acceleration* Endurance* Blade Maximization* Stick & Puck Control Skills last 1/2 Hour* Breathing and RecoveryTechniques**

Register ASAP to reserve your spot Payment due at time of registration*

** Checks payable to LONG STRIDES**

Please Return Registration Form to:

Long Strides
PO Box 8003
Medford, OR 97501

Name: _____ Date of Birth: _____

Address: _____

City: _____ St: _____ Zip: _____ Phone#: _____

Email: _____

Emergency Name and # _____

Medical Conditions: _____

Previous Injuries: _____

Release of Liability

My participation is solely voluntary. I understand that my participation should not result in personal injury to me. However, I acknowledge that in the event of physical injury to me resulting from my participation no medical treatment or monetary compensation will be provided by Matt or Scott McLean, F.B. Inc., Long Strides LLC, or The Rrrrink. I must look to my own health insurance policies. I understand that the above named are not held liable for accidents, injuries or loss, however caused, from the drills or techniques associated with or part of this skating program.

Signed: _____ Date: _____

Call 541-210-0397 or email McLean.Burggrafskating@yahoo.com with questions