

**Out-of-Town Visitor's Brochure
Louisville Skating Academy
2009 Summer Training Program
(Monday, June 8, 2009 – Friday, August 7, 2009)**

Overview

Welcome to the 2009 Louisville Skating Academy Summer Training Program. The 9 week program offers on and off-ice classes for skaters of all levels. Louisville Skating Academy thanks you for considering this program for your summer training needs. We hope that you enjoy your stay. Questions about registering for the summer program should be directed to Rebecca Hatch-Purnell at hatchpurnell@insightbb.com.

Louisville Skating Academy- Louisville Skating Academy is a non profit organization dedicated to promoting and developing the sport of figure skating in the Louisville area by encouraging an environment of good sportsmanship while providing training opportunities to meet the needs of all levels of skaters in achieving their personal goals from recreational skating to competition at national and international events.

Iceland Sports Complex – The Louisville Skating Academy Summer Training Program is located at the Iceland Sports Complex, 1701 UPS Drive, Louisville, KY 40223. Iceland Sports Complex is a year round facility with two 85' X 200' ice surfaces.

LSA Summer Events – LSA offers many special events during the summer weeks including test sessions, clinics, and a Fire and Ice Exhibition. For more information, visit the LSA website, www.skatelouisville.org.

Where to Stay – There are a number of hotels within a very short driving distance from the Iceland Sports Complex.

Springhill Suites by Marriott
Louisville East
10101 Forest Green Blvd
Louisville, KY 40223
(502) 326-3895

Courtyard by Marriott
10200 Champion Farms Drive
Louisville, KY 40241
(502) 429-9293

Residence Inn
Northeast by Marriott
3500 Springhurst Commons Dr
Louisville, KY 40241
(502) 412-1311

Embassy Suites
9940 Corporate Campus
Louisville, KY 40223
(502) 426-9191

In addition, local skating families have expressed a willingness to host visiting skaters. Compensation and logistics can be worked out privately between the host family and the visiting family. For information on potential host families, please contact Rebecca Hatch-Purnell at hatchpurnell@insightbb.com.

What to Do in Louisville – We hope you will get a chance to visit our many attractions, including the world famous Churchill Downs and the Kentucky Derby Museum. Louisville's downtown is hoppin' and rockin' at Fourth Street Live!, the number one entertainment venue in Louisville featuring the Hard Rock Café, T.G.I. Friday's, and more. Louisville's own Hillerich & Bradsby bat factory and the Louisville Slugger Museum are on historic Main St. Just a block away, visit the Louisville Science Center & IMAX theatre. Louisville has a fantastic minor league baseball team, the Louisville Bats. Slugger Field is located downtown if you want to take in a ball game in the evening.

Scheduling and Registration

Registrations for the Summer Training Program are processed on a first come, first served basis. The necessary forms may be found at the end of this document. Space is limited on every session, and there is no guarantee that a skater will get all sessions requested. LSA will make every effort to accommodate visiting skaters and will email you your skating schedule prior to your planned arrival. Please review your schedule upon receipt and contact Rebecca Hatch-Purnell at hatchpurnell@insightbb.com with any issues or concerns.

Skating Levels

Skating levels are defined by LSA for the Summer Training Program only. The levels are not the same as U.S. Figure Skating levels and are used solely to determine which skaters are eligible for different classes and sessions. Skaters must have achieved the test levels indicated as of June 1, 2009.

- **High:** Juvenile Free Skate, Intermediate Moves in the Field, Adult Gold Moves, or Pre- Silver Dance level and up
- **Intermediate:** Pre-Preliminary Free Skate, Preliminary Moves in the Field, Adult Pre-Bronze Moves, or Preliminary Dance level and up
- **Low:** Passed Basic Skills Level 4 or higher
- **Open or Bridge:** Skaters of any level
- **Adult:** Skaters 18+ years of age

Session/ Class Descriptions

On Ice:

- *Free Skate Session:* On ice time for practice and/or private lessons. Free skate sessions are designated by skating level (see “Skating Levels”) to provide optimal training and safety for the skaters on these sessions.
- *Dance Session:* This on-ice session is designed for those skaters working on U.S. Figure Skating dance tests. Music for the compulsory dances from Preliminary test level to Pre-Silver test level will be played on Intermediate/Low sessions and music from the Silver test level and up will be played on High sessions. No group instruction will be provided. Private lessons may be taken during this session.
- *Power Class:* The primary focus of this class will be creating and maintaining power, improving stamina and endurance, and focusing on body alignment.
- *On Ice Class:* This session is a 30 minute group lesson which will focus on fundamental skating skills, as well as basic jumps and spins.
- *Regional Competitor Session:* This 30 minute session is open to those skaters who will compete in a qualifying round event (Juvenile through Senior) at the USFS Eastern Great Lakes Regional Championships in October. The focus of this session will be program practice.
- *Synchronized Team Practices:* This session is team practice for those skaters who have been assigned to the 2009-2010 LSA synchronized skating teams.
- *Adult Skills Session:* This session has a 30 minute group lesson, for adult skaters, which will focus on fundamental skating skills and the beginning level USFS tests for adult skaters.

Off Ice:

- *Off-Ice Training Program:* This program has been developed to increase the performance, health and well-being of skaters and will be run by David Boyce, physical therapist, Bellarmine professor, and outpatient clinic owner. Athletes will perform a circuit of exercises specifically developed for the LSA skaters. Attention will be given to all parts of the body including torso, legs, hips, upper body and arms. Assessments will be given to each athlete at the beginning and end of the summer to mark progress and areas in need of attention. This program is open to skaters who have passed their pre-preliminary moves or higher. Program capacity is only 50 skaters. Skaters may attend up to three classes per week. Each workout will take approximately 45 minutes, and skaters may “drop in” for their work out during the period allotted on the days the program is offered.
- *Low Off Ice Conditioning –* This off ice class is for the beginner skater who has not passed the preliminary moves in the field test. Skaters will learn proper warm up and cool down technique and will learn exercises to increase strength and flexibility. Some attention will be given to jump technique.
- *Off-Ice Stretch and Flexibility:* This off ice class will focus flexibility, extension and stretch. It will be taught by Liliya Khasin, a Louisville area rhythmic gymnastics instructor. Like figure skating, rhythmic gymnastics combines strength, flexibility, coordination, balance and agility. Liliya has been coaching for more than 30 years. She coached elite gymnasts in her native country and has developed 8 Junior Olympic Team Representatives from Louisville since she moved here in 1990.

Policies

On-Ice Sessions – LSA monitors the number of skaters per session to maintain safe and productive conditions. There is a maximum of 20 skaters per free skate session, except the Open Session which may have up to 30 skaters.

Sign in for Sessions – Skaters must place their initials by their name on the sign in sheet before entering the ice. The sheet is located at the ice monitor's table at the entrance to the ice.

Walk-on – If a skater has not pre-registered for a session, he or she may "walk-on" any session for which they are eligible if space is available. Skaters must check in with the ice monitor and pay for the session with cash or check prior to walking on. If the skater's test level has changed since June 1, 2009, the skater may walk on sessions at their current level. Walk-on rates are as follows:

- \$11.50 for a 50 minute free skate session
- \$12.50 for a 1 hour free skate session
- \$4.75 for a 20 minute dance session
- \$10.00 for the on-ice class or power class
- \$11.50 for an off ice class

Timeliness of Registered Skaters - Once sign in sheets have been established, skaters must be prepared to enter the ice in a timely fashion. If a session reaches the maximum number of skaters, walk-on skaters will be allowed on the ice if registered skaters are not present 2 minutes after the start of a session. A walk-on skater may be asked to exit the ice if a pre-registered skater comes within 10 minutes of the start of a session and the maximum number of skaters allowed on the session is exceeded. The walk-on money will be refunded to any skater who is asked to exit the ice. Any pre-registered skater who does not sign in with the ice monitor within 10 minutes of the start of the session will forfeit his or her spot.

LSA Ice Rules and Etiquette - This form must be read and signed by both skater and parent and must be submitted along with your Summer Training Registration. The form is included in this package.

Schedule Changes: LSA reserves the right to adjust the schedule due to insufficient enrollment.

Injuries: Credits may be considered for a serious injury or illness that excludes the skater from all forms of on and off ice training for longer than 6 consecutive skating days, confirmed by a doctor's note explaining the specific nature of the illness/injury and clearly indicating a beginning and ending date. In the case of injury or illness, skaters will not receive refunds. *Doctor's notes with vague ending dates such as "2-3 weeks" or "after Labor Day" will not be accepted.*

Requests for schedule changes are not guaranteed and must be submitted in writing at least two weeks prior to your arrival in Louisville. There will be a \$10 fee for each change made after reservations are confirmed.

Visiting Coaches – Visiting coaches are welcome. Visiting coaches must be members of the Professional Skaters Association, must provide proof of current liability insurance as provided through one of the three recognized national skating organizations, and must purchase a punch card. Punch cards are available in increments of 10 punches for a cost of \$25. Twenty- or thirty-minute sessions require one punch and fifty-minute or one-hour sessions require 2 punches, regardless of the teaching time provided on such session. Unused punches will not be repurchased by LSA and punch cards may not be traded or sold. Contact Rebecca Hatch-Purnell at hatchpurnell@insightbb.com to purchase punch cards.

Returned Check Policy- All returned checks are subject to a \$20 fee.

LSA Skater Enrollment Sheet

To enroll in the LSA 2008 Summer Training Program, please mail the following forms/items:

1. A signed **Skater Enrollment Sheet**
2. A signed **Waiver and Release of Liability**
3. A signed **LSA Ice Rules and Etiquette Form**
4. A completed **LSA Summer Training Schedule and Cost Sheet**
5. A check payable to "Louisville Skating Academy" or payment with a valid credit card.

The completed forms, with check or credit card information, must be mailed to:

Ms. Diana Posto
6018 John Moser Way
Prospect, KY 40059

Skater's Name _____ Date of Birth _____
Address _____ City/State/Zip Code _____
Email _____ Phone _____
USFS# (must include) _____ Home Club _____
Parent/Guardian Name _____
Cell phone _____ Work phone _____

Test passed (as of June 1, 2009): MIF _____ Freestyle _____
Dance _____ Pairs _____

Skaters are registered on a first come first served basis. Out-of-town visiting skaters will be enrolled after the final deadline for LSA Members on May 27, 2009. Please place a check by the week(s) you will attend the LSA Summer Training Program and fill out the schedule and cost sheet on the last page of this packet.

___ June 8-June 12 ___ June 15-June 19 ___ June 22-June 26 ___ June 29-July 3
___ July 6-July 10 ___ July 13- July 17 ___ July 20-July 24 ___ July 27-July 31
___ Aug 3-Aug 7

The undersigned agrees that access to the Louisville Skating Academy (LSA) Summer Training Program and participation in the activities are expressly conditioned upon the proper conduct of the undersigned skater and his/her parent. Abusive or threatening word or actions on or off the ice, before, during, or after an activity shall be considered improper conduct. It is mutually agreed by the Parties hereto that at the sole discretion of LSA, access to the sessions and classes, and permission to participate in the activities by the undersigned skater and his/her parent may be terminated by LSA for what is deemed improper conduct. In the event termination occurs for the remainder of the summer training program, LSA shall refund the unused portion of any collected tuition based upon a pro rata computation. No refund will be given for the remainder of an individual session. No additional sums shall be refunded. The undersigned has read and understands all policies contained within this Summer Training Brochure.

Print name of Registrant or Applicant

Signature of Registrant or Applicant

Print name of Parent or Legal Guardian

Signature of Parent or Legal Guardian
(if skater is under 18 years of age)

**Louisville Skating Academy
2009 Summer Training Program
Part III - Waiver of Liability
(Monday, June 8, 2009 – Friday, August 7, 2009)**

Waiver and Release of Liability

This document contains important information about the inherent risks of ice skating.

I am aware that the sport of ice skating and related off-ice training and conditioning poses dangers and risks of injury. I also understand that my or my child's participation in this sport and in LSA skating and off-ice training and conditioning sessions, which may include skaters of varying experience, skills and abilities, places me or my child at greater risk of injury than choosing not to participate. I understand that I or my child, or others skaters on the ice, may need to practice skills where speed, power, and difficult, dangerous jumps, spins, spirals and moves are required. I understand that there will be times when skaters are skating backwards, spinning or practicing other maneuvers where it may not be possible to see clearly and stop their maneuver in time to prevent a collision with a skater who has crossed his or her path. I agree that I or my child have a responsibility to maintain a lookout for and to avoid a collision with skaters in such maneuvers. I understand that the coaches on the ice are not employees or agents of Louisville Skating Academy ("LSA") and that a coach cannot guarantee my or my child's safety. I am solely responsible for assessing, at all times, whether the conditions of the practice ice session, off-ice training session, the arena and ice surface are safe or suitable to my or my child's experience, skills, and abilities, and for exiting the session or arena and choosing not to participate if I deem conditions unsuitable.

In consideration for my participation in LSA activities, I hereby release LSA and their officers, directors, members, volunteers, contractors and employees as well as independent contractor coaches ("Released Parties") from all claims, demands, losses and damages, and from any liability resulting from any injury incurred while participating in any LSA activities and programs whether or not caused by the negligence or other fault of the Released Parties. In the event I am injured or incapacitated while participating in these activities or programs, I hereby give LSA permission to seek necessary medical assistance for me or my child. I agree that my provision to LSA of emergency contact phone numbers of persons who can be contacted on my behalf in the event of an emergency is voluntary and is merely for my convenience and in no way obligates LSA to keep such information up-to-date. I acknowledge that LSA substantially relies on volunteers, including other members and parents of skaters, to help oversee many of LSA's activities and I agree that LSA's attempt to gather emergency contact information does not impose liability on LSA related to any act or omission in the event of an emergency of any kind. I agree that the responsibility to assure my or my child's safety remains with me at all times.

I AGREE THAT I HAVE READ THIS WAIVER AND RELEASE, HAVE HAD AN OPPORTUNITY TO ASK ANY QUESTIONS ABOUT IT THAT I MAY HAVE AND THAT MY SIGNATURE BELOW INDICATES MY AGREEMENT TO ALL OF ITS TERMS.

Date Signed:

Print name of Registrant or Applicant

Signature of Registrant or Applicant

Print name of Parent or Legal Guardian

Signature of Parent or Legal Guardian
(if skater is under 18 years of age)

LSA Ice Rules and Etiquette
2009-2010

1. Common courtesy is to be practiced at all times. Please watch out for and respect other skaters.
2. Professionals and ice monitors are in a position of authority. Respect and act politely toward all professionals and ice monitors.
3. Keep safety in mind for yourself and your fellow skaters. LSA reserves the right to remove any person who is a danger to him or herself or other skaters.
4. Respect each other's property. Do not touch another skater's property without asking permission.
5. Skaters may not interrupt a coach who is giving a lesson.
6. All skaters should realize that practicing their programs is a critical part of their training.
 - a. Music in the form of tapes or CDs should be handed to the ice monitor at the beginning of each session. The ice monitor will put the music in line on a first-come-first-served basis.
 - b. Basic skills skaters may request that a place be marked in line for their program. The basic skills CD is available at every session.
 - c. Music will be played in the order it is received. Skaters who do not want their music played should not put it in line. Handing in music is a request for music to be played.
 - d. Program music will start to be played 5 minutes into the session. Once the entire queue of music has been played, the ice monitor will start the circuit again.
 - e. A professional may request to have the skater's music played during their lesson time. If there is a queue, one such request may be made in a ten minute period.
 - f. Skater's name will be announced over the PA system prior to the program being played.
 - g. Music may not be started unless the program can be completed before the end of the session.
 - h. Skaters must wear the orange vest during their program.
 - i. Other skaters, parents and coaches should refrain from yelling out the program skater's name, i.e. "Look out for Susie!"
7. Skaters in lesson on the harness have right of way over all other skaters. Skaters who are wearing the orange vest on program have right of way, with the exception of a skater in a harness. Skaters and coaches in a lesson have right of way over all other skaters, except those on the harness or on program.
8. All skaters and coaches will respect each other and be courteous of each other.
9. Ice time is for training. Skaters who are not skating must leave the ice.
 - a. Skaters should exit the ice to re-tie boots. Do not sit on the ice to adjust skates.
 - b. Standing and socializing on the ice is prohibited.
10. The use of foul or abusive language is prohibited and will be cause for the skater's removal from the ice.
11. Skaters must sign in with the ice monitor prior to getting on the ice. Walk-on skaters must pay prior to getting on the ice.
12. Skaters may not get on the ice before the designated session for which they have paid. Skaters whose lessons extend to the next session must pay for that session.
13. Eating, drinking or gum chewing on the ice is prohibited. Plastic water bottles only are allowed.
14. Personal headsets and headphones are prohibited.
15. Skaters are to retrieve their clothing items, tissues, water bottles and other personal items prior to exiting the ice.

I have read and understand the above rules. I agree to abide by the above rules.

Signature of skater

Date

Signature of parent or guardian (if skater is under 18 years of age)

Date

LSA Summer Training Schedule and Cost Sheet June 8-August 7, 2009

Please highlight your preferred sessions and classes. We will accommodate your requests if possible.

On-ice Sessions

Monday	Tuesday	Wednesday	Thursday	Friday
7:00am-7:50am High Free Skate	7:00am-7:50am High/Int/Low Free Skate	7:00am-7:50am High Free Skate	7:00am-7:50am High/Int Free Skate	7:00am-7:50am High/Int/Low Free Skate
7:50am-8:40am High/Int Free Skate	7:50am-8:40am High/Int Free Skate	7:50am-8:10am High Power	7:50am-8:40am High/Int Free Skate	7:50am-8:40am High/Int Free Skate
8:40am-9:00am High Power	8:40am-9:00am High/Int Power	8:20am-9:10am High/Int Free Skate	8:40am-9:00am High/Int Power	8:40am-9:00am High Power
9:10am-9:30am Int/Low Dance	9:10am-9:30am High Dance	9:10am-10:00am High/Int Free Skate	9:10am-9:40am Regional Competitor session	9:10am-9:30am Int/Low Dance
9:30am-10:20am High/Int Free Skate	9:30am-10:20am High Free Skate		9:40am-10:30am High Free Skate	9:30am-10:20am High/Int/Low Free Skate
10:20am-10:40am Int/Low Power	10:20am-10:40am Int/Low Power	10:00am-10:40am Youth Synchro Team Practice	10:30am-10:50am High Dance	10:20am-10:40am Int/Low Power
10:50am-11:40pm Int/Low Free Skate	10:50am-11:40pm Int/Low Free Skate	10:50am-11:40am Int/Low Free Skate	11:00am-11:20am Int/Low On-Ice Class	10:50am-11:40am Int/Low Free Skate
11:40am-12:30pm Int/Low Free Skate	11:40am-12:30pm Int/Low Free Skate	11:40am-12:30am Int/Low Free Skate	11:20am-12:10pm Int/Low Free Skate	11:40am-12:30pm Open Free Skate
Monday Evening	Tuesday Evening		12:10pm-12:30pm Int/Low Power	
5:30pm-6:30pm High/Int/Low Free Skate	5:30pm-6:20pm High/Int/Low Free Skate			
	6:20pm-7:10pm High/Int/Low Free Skate			
	7:10pm-8:00pm Adult Synchro/Adult Class			

Off-ice Sessions

Monday	Tuesday	Wednesday	Thursday	Friday
10:45am-1:00pm Off ice Training Program	12:00pm-1:00 pm Hi Stretch and Flexibility	10:45am-1:00pm Off ice Training Program	10:45am-1:00pm Off ice Training Program	12:00pm-1:00 pm High Stretch and Flexibility
	1:00pm-2:00pm Int Stretch and Flexibility		12:45pm-1:15pm Low Off-Ice Conditioning	1:00pm-2:00pm Int. Stretch and Flexibility
	12:45pm-1:15pm Low Off-Ice Conditioning			

Summer Training Cost Summary

On-ice Sessions & Classes	Cost per session	# of sessions	Total
Free Skate (50 min)	\$10.00		
Free Skate (60 min)	\$11.00		
Dance	\$4.00		
Power	\$8.50		
On-ice Class	\$8.50		
Regional Competitor	\$5.00		
Off-ice Classes			
Off-ice Training Program	\$10.00		
Low Off-Ice conditioning	\$8.50		
High Stretch and Flexibility	\$10.00		
Inter. Stretch and Flexibility	\$ 10.00		
Grand Total			

If paying by credit card, please provide the following:

Name on card:	_____
Address:	_____
Amount to charge:	_____
Circle type of card:	<input type="checkbox"/> Visa <input type="checkbox"/> Mastercard
Credit card number:	_____
Expiration date:	_____
CVV #:	_____