

Louisville Skating Academy
2010 Late Fall Training Program
Registration - Part I
(Monday, October 11 – Friday, December 17, 2010)



Overview

Welcome to the 2010 Louisville Skating Academy (“LSA”) Late Fall Training Program. This Late Fall season offers a 10 week program of on- and off-ice classes and sessions for skaters of all levels. Questions about this document should be directed to Jodi Michel at joschmo@bellsouth.net. Questions about individual registrations should be directed to Yana Elder, VP and chair of the Contract Committee, at yelder@insightbb.com.

The registration document consists of three parts:

(Note: Please fill out a separate cover sheet, registration and waiver form **for each skater in your family**.)

- Part I Describes skating levels, classes offered, the registration process, and LSA policies, terms and conditions.
- Part II Training Registration and Payment Forms.
- Part III Enrollment Cover Sheet, Agreement to Terms, Waiver and Release of Liability Form

Skaters who wish to register for the LSA Late Fall Training Program must be current associate level or full members of LSA at the time the registration forms are submitted. For information on joining, please refer to the “Join LSA” section under “Figure Skaters” at the LSA website, www.skatelouisville.org.

In addition to the comprehensive training program outlined herein, LSA offers many other special programs/events throughout the season. More information regarding these dates and events will be available on the LSA website, www.skatelouisville.org. Below are a few of the upcoming events. The dates are subject to change.

October 29	First Nutcracker Rehearsal
November 5	LSA Test Session
November 6	LSA Fall Invitational
November 25	Thanksgiving Day – No Skating
December 17-19	Nutcracker on Ice

Sessions and Levels

LSA offers on- and off-ice sessions for skaters of all levels. Below is a description of classes and sessions offered during this registration period. Please refer to the LSA Training Registration Form in Part II for the actual schedule.

Description of Sessions and Classes – 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.
- *Moves and Dance Session:* This on-ice session is designed for those skaters working on U.S. Figure Skating dance and moves in the field tests. Skater's MIF level will determine eligibility for this session. Music for the compulsory dances will be played. 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.
- *Power and Edges Class:* This class for lower level skaters combines skating skills with power and is a 30 minute class. Focus will be on introducing new turns and improving edge quality while the skater learns to create and maintain speed and flow across the ice.
- *Synchronized Team Practices:* This session is team practice for those skaters who have been assigned to the 2010-2011 LSA synchronized skating teams.
- *Junior Academy:* This session has been designed to introduce enthusiastic new and up-and-coming skaters to the various facets of competitive skating. Skaters will participate in a 15 minute off-ice warm-up followed by 20 minutes of on-ice group instruction. The class portion will change weekly and may include jumps, spins, moves, dance, and/or synchronized skating. After the on-ice class, skaters will have 40 minutes of free skate (practice time). Skaters who are enrolled in this session must skate another session each week. Informational parent meetings will be held from time to time during the course of a season. The Junior Academy is open to Basic Skills and Low level skaters.
- *Adult Drills Class:* This session will focus on turns, edges and power. While the goal of this class is to improve skating skills for adult skaters interested in synchronized skating, skaters do not have to be part of the LSA Adult Synchronized Skating program to participate. (LSA currently is recruiting adults for a synchronized skating team that, if formed, will practice at in the Adult Drills time slot. If this class is cancelled due to the synchronized program, adults who register for this class in the late fall season will have their checks returned).

Description of Sessions and Classes – Off-Ice:

(Off-Ice programs are open to skaters who have passed their Preliminary moves test or higher)

- *Strength and Conditioning:* This program has been developed to increase the performance, health and well-being of skaters and is 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. Program capacity is only 35 skaters. Skaters may attend up to 3 classes per week. During each workout, the skater will complete a circuit in approximately 45 minutes. Skaters may “drop in” for their work out during the period allotted on the days the program is offered. Also, participating skaters will be given an orthopedic evaluation if such skater has any musculoskeletal complaint. A physical therapist will perform the screen either on-site, or at a Physical Therapy Plus facility, at no charge. If further medical treatment is required, Physical Therapy Plus will assist in the process of getting the appropriate medical care required (i.e. referral to MD or rehabilitation).
- *Stretch and Flexibility:* This off-ice class will focus on 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.

Description of Levels: (PLEASE NOTE THAT THESE LEVELS HAVE RECENTLY CHANGED.)

Most sessions are limited to 20 skaters with the exception of the Open sessions and group classes. To maintain training quality and provide a safer environment, sessions and classes are organized by level as outlined below. These skating levels are defined by LSA for the LSA training program only and are used solely to determine which skaters are eligible for different classes and sessions. These levels are not the same as U.S. Figure Skating levels. Skaters must have achieved one of the test levels indicated.

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

Registration Process

Part II of this registration agreement contains the Late Fall schedule and session/class costs in a grid format. Pre-registration allows skaters to purchase sessions at a lower cost and secures a spot on the session once registered. **Skaters are registered on a first-come, first-served basis according to the process outlined herein.**

Registration Summary:

In order for your registration to be accepted, all required documents must be mailed to the address below with the appropriate payment during the registration period.

The mailing address is: **Angie Porter
7214 Trail Ridge Court,
Louisville, KY 40241**

The required documents, which are due as outlined below, are:

1. A signed **Enrollment Cover Sheet** (for each skater)
2. A signed **Waiver and Release of Liability** (for each skater)
3. A completed **Training Registration & Payment Form** (for each skater)
4. A check payable to “**Louisville Skating Academy**”
OR pay by credit card through **www.paypal.com**
5. If applicable, the following must also be included:
 - a . **Kroger Card Credits** - email confirmation
 - b . **Ice Monitoring Credits** - time cards
 - c . **Cancelled Ice Credits** - credit memos

Registration Deadline and Procedures:

This document is published with a review period of approximately 2 weeks to allow time for skaters to formulate a plan for training and lessons. Registration forms may not be submitted during this review period.

Registrations will be accepted on a first come, first served basis with a postmark date on the envelope *beginning* Friday, September 10, 2010. **The completed registration application must be submitted by mail with a postmarked date no earlier than September 10, 2010 and no later than Friday, September 24, 2010.**

Registrations postmarked September 9, 2010 or earlier will be returned to sender and must be resubmitted by mail. The envelope will be placed in line based on the second mailing date.

Registrations postmarked September 25, 2010 or later will be considered late, and must be accompanied by a \$25 late fee. Late registrations will be accepted, with a \$25 late fee, from September 25 to September 29, 2010. Late Fall registrations will not be accepted after September 29, 2010.

Registration applications **may not** be placed in the LSA mailbox. Forms found in the mailbox will be returned to the skater and must be submitted by mail. Bulk mailings are not allowed -- only 1 family per envelope. We recommend you make a copy of this registration for your files.

Refunds: No refunds will be issued for any reason if requested after September 29. Requests for refunds prior to that date must be submitted to the Contract Committee (yelder@insightbb.com) and will be considered on a case-by-case basis.

Payment Plans:

LSA accepts payment by either credit card or check and offers volume discounts and an installment plan.

Credit Card Payments - LSA accepts credit card payments through www.paypal.com. Instructions on how to pay by credit card are included in Part II.

Check Payments - LSA members who pay by check adhere to the following Returned Check Policy:

- All returned checks are subject to a \$20.00 fee.
- A member of LSA who has 2 or more returned checks to LSA within a six-month period will be required to make all future payment by money order, cashier's check, credit card or cash.
- After the expiration of six months after the last returned check in a six month period, the member may request that LSA again permit payment by personal checks, and LSA may grant or deny such request in its sole discretion. If the request is granted, checks will be accepted from the member unless and until any additional check is returned from their bank. If, after the request to pay by check is granted, the member issues to LSA even one check that is returned, the LSA member will then be required to use a money order, cashier's check, credit card or cash for **all** future payments.

Volume Discount - Skaters who register for large amounts of ice time receive a volume discount. The total session cost as well as the discount are noted in Part II's "Summary of Registration Training Form." The parameters of this discount are subject to change in future registration periods.

Installment Payments - Registrations totaling \$200 or more may be divided into 3 equal installments. The second payment is due Friday, October 8, 2010; the final payment is due Friday, November 12, 2010. No reminders are sent. It is your responsibility to make payments on time. The installment payments may be mailed or placed in the LSA mailbox, which is located on the wall outside the Iceland office, next to the bulletin boards.

All installment payments are due on the stated due date. LSA will accept such payments for a grace period of seven (7) calendar days after the due date. After such grace period and beginning the 8th calendar day after the initial stated due date, payments to LSA must be accompanied by a late payment fee of \$25. Skaters who have not paid within 14 calendar days of the initial stated due date will not be permitted to participate in any LSA sessions or programs until such time that they have paid all delinquent amounts. Skaters will not be given credit for missed sessions due to delinquent payment. Emergency situations will be taken into consideration on a case-by-case basis when the LSA Contract Committee (yelder@insightbb.com) is notified in writing prior to the installment payment's initial stated due date.

Injury Credits:

Credits may be issued 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. Credits may be used for future payments toward

training time only and must be used within one year of the injury ending date. Credits may not be sold, traded or exchanged. In no case will skaters receive refunds due to injury or illness. To request a credit, skaters must follow the procedure below:

1. Print and complete the Injury Credit Request form on the LSA website (www.skatelouisville.org), along with all supporting documentation.
2. Submit the Injury Credit Request form to LSA Vice President/Chair of the Contract Committee (yelder@insightbb.com) for approval.
3. Attach the approved form to the registration document for the next skating season after the injury or illness.

Please note: Decisions of the contract committee chair are final.

Credit Options:

Skaters may accumulate credits toward registration by taking advantage of the Kroger card option or by volunteering to ice monitor sessions. More is available on the LSA website, www.skatelouisville.org or by calling or emailing the people below:

Ice Monitors: Bev Jones BeverlyTJones@bellsouth.net (502) 895-8015 (H) (502) 417-4216 (C)
Kroger Cards: Donna Jimenez donnajimenez@hotmail.com (502) 429-8509 (Home)

Scheduling Options

LSA offers several options to make scheduling easier. These options are outlined below:

Trade Coupons:

Two trade coupons will be issued to those members whose registration forms total a minimum of \$200. One additional coupon will be issued for each additional \$100 purchased up to a 6 coupon maximum. In the event of a missed session, a trade coupon becomes valid for a subsequent session. *Trade coupons may not be used in advance and are valid only during the registration period in which they were issued. Trade coupons may not be sold, transferred or exchanged except within the immediate family with two or more skaters.*

Flex Cards:

Flex cards allow skaters to purchase ice time at the pre-registration rate without committing to a particular session. Only skaters who submit a registration application to purchase at least one session may purchase a flex card. Each card costs \$50 and is worth 5 sessions. The card may be used for any on- or off-ice class or session, regardless of the cost of the session, if space is available. Each skater may purchase 1 flex card for a registration period lasting less than 5 weeks, 2 flex cards for a registration period of 5 to 11 weeks, or a maximum of 3 cards for a registration period of 12 or more weeks. A flex card does not guarantee use if space becomes unavailable. Flex cards are valid only during the registration period in which they were issued. Flex cards may not be sold or transferred.

Walk-on:

Skaters who wish to skate on a session for which they have not pre-registered may “walk-on” if they are eligible and if space is available. Skaters must check in with the ice monitor and pay for the session with cash, check, flex card or trade coupon PRIOR to walking on. Walk-on rates are as follows:

- \$12.50 for Adult Drills
- \$11.50 for a 50 minute free skate or open session (levels high, intermediate, low or basic skills)
- \$11.50 for off-ice stretch and flexibility
- \$10.00 for an on-ice class, power and/or edges class (20 or 30 minute)
- \$10.00 for the 40 minutes of free skate after the class portion of Junior Academy
- \$6.50 for a 30 minute morning free skate session
- \$5.00 for a 20 minute moves and dance session (no group instruction)

- \$5.00 for the 30 minutes of free skate after the class portion of Learn-to-skate (skaters may not walk-on the class portion of this session)

Skaters may not “walk-on” the off-ice strength and conditioning program.

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.

Schedule Changes (Requests by Skaters and Issued by LSA):

LSA reserves the right to adjust the schedule due to insufficient enrollment. Requests by skaters for schedule changes are not guaranteed, but LSA will endeavor to make changes requested before September 29, 2010. At the discretion of the contract committee, changes requested between September 29 and October 11, 2010 may be made; however, there will be \$10 fee per change, and such fee which will be added to the skater's second installment payment. Schedule changes will not be made after October 11, 2010.