

**Out-of-Town Visitor's Brochure
Louisville Skating Academy
2011 Summer Training Program
(Monday, June 6, 2011 – Friday, August 12, 2011)**

Overview

Welcome to the 2011 Louisville Skating Academy Summer Training Program. The 10-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, some 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

Why Pre-Register? Pre-Registration allows out-of-town skaters to reserve available slots on Club-purchased ice at a discounted rate. Registrations for the Summer Training Program are processed on a first come, first served basis. There is no guarantee of availability on any session requested. **Out-of-Town Visitors must submit completed registration forms two weeks prior to their arrival in Louisville** (but not prior to May 20, 2011). LSA 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.

Who May Register Using This Form – The out-of-town visitors' brochure is intended for skaters who live outside the Louisville metropolitan area, who are registered members of US Figure Skating or of the US Figure Skating Basic Skills program, and who do not regularly participate in LSA programs.

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, 2011.

FREE SKATE:

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

DANCE:

- **High:** Passed at least two pre-silver dances or higher; open to dance teams
- **Low:** No test passed up to one pre-silver dance passed; open to dance teams

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. Skater's dance 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.
- *Jump and Spins Class:* This group class will focus on jumps and spins in a group setting. This class allows skaters to work and learn together with a variety of different coaches from LSA.
- *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.
- *Regional Competitor Session:* This session is open to those skaters who will compete in a qualifying round event (Juvenile through Senior, not including test track or Open Juvenile) at the USFS Eastern Great Lakes Regional Championships in October or USFS Midwest Sectional Championships in November. This session will be run as a program practice with a short warm up

time before each group of skaters. The Tuesday session will be for those skaters competing long programs in free skate. Thursday will be for skaters who have short programs or compete in couples dance.

Off Ice: (Please note that LSA reserves the right to limit Visitors' access to off-ice programs based on a skater's previous level of conditioning and flexibility. Determination of the skater's level of conditioning will be made by the class instructor and/or LSA Skating Director)

- *Strength and Conditioning 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. Program capacity is only 40 skaters. High Skaters will be assigned to the high class on the day(s) which they enroll. Class assignments will be based on weekly participation, prior participation, physical condition and partnering issues. 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).
- *Ballet for Skaters:* LSA has partnered with the University of Louisville Dance Academy to offer a comprehensive ballet program for skaters. Monday night classes will be held at the dance studio located within the Department of Music at U of L and will be limited to 23 participants. Tuesday and Thursday classes will be held at Iceland and will be limited to 12 participants. This off-ice class will focus on classical ballet concepts to enhance figure skating.
- *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.

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 – Out-of-Town visitors may walk on to additional sessions beyond those for which the skater has pre-registered. Skaters may walk-on any session for which they are eligible if space is available. Walk-on skaters are charged a higher per-session fee than pre-registered skaters. They must check in with the ice monitor and pay for the session PRIOR to walking on.

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 Contract. The form is included in this package.

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

Injuries: NO REFUNDS are offered in the event a skater cannot attend a session for which they have pre-registered. In cases of extreme incapacitating injury, however, requests for refunds will be reviewed and a partial refund may be granted.

Requests for schedule changes are not guaranteed and must be submitted in writing at least one week 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 2011 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 payment, must be mailed to:

Ms. Rebecca Hatch-Purnell
2211 Homewood Drive
Louisville, KY 40223

PLEASE SUBMIT ALL FORMS AT LEAST TWO WEEKS PRIOR TO YOUR ARRIVAL IN LOUISVILLE

Skater's Name _____ Date of Birth _____
Address _____ City/State/Zip _____
Email _____ Phone _____
USFS# (must include) _____ Home Club _____
Parent/Guardian Name _____ Home Phone _____
Cell _____ Work Phone _____
Test passed (as of June 1, 2011): MIF _____ Free Skate _____
Dance _____ Pairs _____

Please place a check by the week(s) you will attend the LSA Summer Training Program
_____ June 6-June 10 _____ June 13-June 17 _____ June 20-June 24 _____ June 27-July 1
_____ July 5-July 8 _____ July 11- July 15 _____ July 18-July 22 _____ July 25-July 29
_____ Aug 1-Aug 5 _____ Aug 8-Aug 12

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 on the 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

**Louisville Skating Academy
2011 Summer Training Program
Part III - Waiver of Liability
(Monday, June 6, 2011 – Friday, August 12, 2011)**

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
For Registrant or Applicant under Age 18:

Signature of Registrant or Applicant

Print Name of Parent or Legal Guardian

Signature of Parent or Legal Guardian

LSA Ice Rules and Etiquette
2011-2012

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 or (if skater is under 18) parent or guardian

Date

LSA Summer Training Schedule and Cost Sheet June 6-August 12, 2011

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

On-ice Sessions

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| 7:30am-8:20am High/Int Free Skate | 7:30am-8:20am High Free Skate | 7:30am-8:00am High Dance | 7:30am-8:20am Int/Low Free Skate | 7:30am-8:20am Int/Low Free Skate |
| 8:20am-9:10am High Free Skate | 8:20am-8:50am Low Dance | 8:00am-8:50am High Free Skate | 8:20am-8:40am Low Power | 8:20am-9:10am High Free Skate |
| 9:20am-9:50am High Dance | 8:50am-9:40am Int/Low Free Skate | 8:50am-9:10am High/Int Power | 8:40am-9:30am Int/Low Free Skate | 9:10am-9:40am High/Int Jumps and Spins |
| 9:50am-10:40am Int/Low Free Skate | 9:50am-10:10am Int Power | 9:20am-10:10am High/Int Free Skate | 9:40-10:10 Low Dance | 9:50-10:10 Int Power |
| 10:40am-11:30am High Free Skate | 10:10am-11:00am High Free Skate | 10:10am-11:00am High Free Skate | 10:10am-11:00am High Free Skate | 10:10am-11:00am High Free Skate |
| 11:30am-11:50am High Power | 11:00am-11:20am High Power | | 11:10am-12:00n Int/Low Free Skate | 11:00am-11:50am High/Int Free Skate |
| 12:00n-12:50pm Int/Low Free Skate | 11:30am-12:20pm Int/Low Free Skate | 11:00am-11:50pm Int/Low Free Skate | 12:00n-12:40pm Regional/Sectional Competitor Session | 12:00am-12:50pm Int/Low Free Skate |
| 12:50am-1:20pm Int/Low Jumps and Spins | 12:20am-1:10pm Int/Low Free Skate | 12:00n-12:40pm Youth Synchro Team Practice | 12:50pm-1:40pm High Free Skate | 12:50pm-1:10pm Low Power |
| 1:20-2:10pm Int/Low Free Skate | 1:10pm-1:50pm Regional/Sectional Competitor Session | 12:40pm-1:30pm Int/Low Free Skate | 1:40pm-2:30pm High Free Skate | 1:10pm-2:00pm Open Free Skate |
| | | 1:30pm-1:50pm Low Power | | |
| | TUESDAY EVENING | WEDNESDAY EVENING | | |
| | 5:00pm-6:00pm High/Int Free Skate | 4:50pm-5:40pm High/Int Free Skate | | |
| | 7:10pm-8:00 Adult Class (until July 12) 6:10pm-7:00pm July 19 and after | 5:40pm-6:30pm Int/Low Free Skate | | |

Off-ice Sessions*

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| 12:15pm-12:45pm High Strength/Conditioning | 12:25pm-1:25pm Stretch and Flexibility | 11:50am-12:20pm High Strength/Conditioning | 8:40am-9:40am Int/Low Ballet for Skaters (at Iceland) | 11:45am-12:15pm High Strength/Conditioning |
| 12:45pm-1:15pm High Strength/Conditioning | 1:25pm-2:25pm Stretch and Flexibility | 12:20pm-12:50pm High Strength/Conditioning | 9:55am-10:55am High/Int Ballet for Skaters (at Iceland) | 12:15pm-12:45pm High Strength/Conditioning |
| 1:30pm-2:00pm Int Strength/Conditioning | 3:45pm-4:45pm High/Int Ballet for Skaters (at Iceland) | 1:40pm-2:10pm Int Strength/Conditioning | 11:10am-12:10pm Int/Low Ballet for Skaters (at Iceland) | 12:45pm-1:15pm Int Strength/Conditioning |
| 2:15pm-2:45pm Low Strength/Conditioning | 4:45pm-5:45pm Int/Low Ballet for Skaters (at Iceland) | 2:10pm-2:40pm Low Strength/Conditioning | 12:10pm-1:10pm Int Ballet for Skaters (at Iceland) | 1:15pm-1:45pm Int/Low Strength/Conditioning |
| 4:30pm-6:00pm High/Int Ballet for Skaters (Off-site at Univ. of Louisville) | 5:45pm-6:45pm H/L Ballet for Skaters (at Iceland) | | | 2:00-2:30 Low Strength/Conditioning |
| 6:00pm-7:30pm Int/Low Ballet for Skaters (Off-site at Univ of Louisville) | | | | |

*Please note that LSA reserves the right to limit Visitors' access to off-ice programs based on a skater's previous level of conditioning and flexibility. Determination of the skater's level of conditioning will be made by the class instructor and/or LSA Skating Director

**Summer Training Cost
Summary**

| On-ice Sessions & Classes | Cost per session | # of sessions | Total |
|--------------------------------------|---|----------------------|--------------|
| Free Skate (50 min) | \$10.00 | | |
| Free Skate (60 min) | \$12.00 | | |
| Dance | \$6.00 | | |
| Power | \$8.50 | | |
| Jumps and Spins | \$8.50 | | |
| Regional Competitor | \$10.00 | | |
| Adult Class | \$11.50 | | |
| Off-ice Classes | | | |
| Ballet Class | \$12.00 (at U of L) \$10.00 (at Iceland) | | |
| Stretch and Flexibility | \$10.00 | | |
| Strength/Conditioning | \$8.50 | | |
| | | | |
| Grand Total | | | |

_____ I have enclosed a personal check or money order.

_____ I have submitted credit card payment via PayPal

Instructions for using PayPal

- 1) Log onto www.paypal.com. Choose the "Personal" tab. If you are new to PayPal, you will have to create an account profile. Simply fill in the online form and click "Agree and Create Account." To protect your privacy, PayPal will ask you to confirm your email separately and confirm your credit card account. This can take 2 or 3 days.
- 2) From the "Personal" page, click on the "Send Money" option. Send to: payment@skatelouisville.org. Enter your email address and the amount due. Choose the "Payment Owed" button and click "Continue."
- 3) Before hitting the "Send Money" button to confirm the transaction, write your skater's name in the message box.