

CSCS

Registration Form

Name: _____

Address _____

City _____

Province _____ Postal Code _____

Skate Canada Number _____

Home Club _____

Circle the program you are entering:

Elite Comp 1
Comp 2 Pre Competitive

Circle Weeks Attending

1 2 3 4 5 6 7 8 9

Circle Days Attending if not the full week program:

M T W T H F

Program Fee \$ _____

HST(13%)– \$ _____

Total– \$ _____

The Competitive Skating Centre of Strathroy, and Its employees will not be held responsible for any loss or damage that may occur to property or person while attending the Summer Program. I the undersigned hereby release the Competitive Skating Centre of Strathroy from any such damages.

Signature of Parent or Guardian if under 18 years old

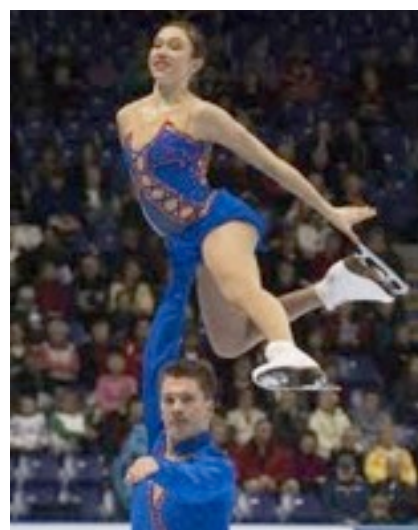
Print Name _____

Send Completed Forms to:

Competitive Skating Centre of Strathroy
10 Parkview Crescent
Strathroy ON, N7G 4A3

Contact Information:

email– scotrachuk@sympatico.ca
phone– 519-319-4302 or 519-245-2971 ext 442
web– www.competitiveskatingschoolstrathroy.com



Schedule

Elite– Must have participated at a National Championship to participate in this program.

Comp 1– For skaters from Pre-Juvenile/Jr Bronze to Senior Competitive/Gold level.

Comp 2–For skaters from Preliminary to Juvenile/Sr Bronze level.

Pre Comp–Beginning competitive skater.

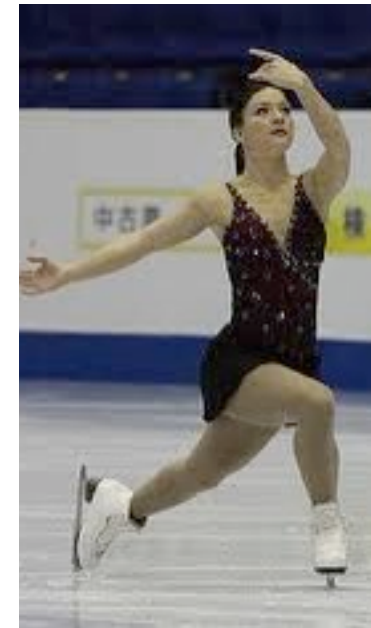
On-Ice Schedule

7:00-8:00am- open session by invitation
8:00-8:45am- Elite
8:45-9:40am- Comp 1
flood
9:40-10:25am- Elite
10:25-11:10am- Comp1 and Comp 2
11:10-11:40am- On-Ice/Off-Ice Technique-alternate
flood
11:50-12:35pm- Elite and Comp 1
12:35-1:20- stroking- Elite, Comp 1, and Comp
flood
1:30-2:15pm- Comp 2 and Pre Comp
2:15-2:50pm- spin and stroking Pre Comp

Off-Ice Schedule

7:30am- Elite Warm up
8:15am- Comp 1 Warm up
9:55am- Comp 2 Warm up
11:10-11:40am- On-Ice/Off Ice Technique-alternate
1:00-Pre Comp Warm up
1:30-2:15pm-Fitness- Elite, Comp 1 and Comp 2
3-3:30- Fitness/Technique- Pre Comp

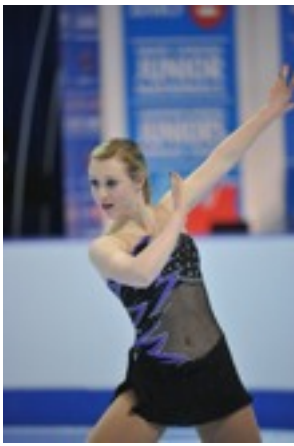
Tuesdays and Fridays fitness schedules may change for Program Simulations, Choreography Work and Events 3:00-4:50pm. Changes of schedule will be posted Mondays



Summer
Program

2011

July 4–Sept 2



COMPETITIVE SKATING CENTRE OF STRATHROY

Price List:

Program cost includes ice, group on-ice and off-ice lessons(stroking, warm up, fitness and technique sessions). Private lessons are billed separately by individual coaches.

Elite- 3-45 minute freeskate sessions, 45 min stroking session, 30 min technique class, off-ice warm up, and 45 min fitness session.

Program Cost- \$62/day

Comp 1-3-45 minute freeskate sessions, 45 min stroking session, 30 min technique class, off-ice warm up, and 45 min fitness session.

Program Cost- \$52/day

Comp 2-2-45 minute freeskate sessions, 45 min stroking session, 30 min technique class, off-ice warm up, and 45 min fitness session.

Program Cost- \$42/day

Pre Competitive-1-45 min freeskate session, 50 min spin and stroking session, off-ice warm up and 30 min off-ice fitness/technique session. All programs are group lessons.

Program cost- \$30/day

Open Sessions, Simulations, Choreography and on-ice Events will be invoiced separately for ice costs.

Aug 15-19- \$32/day-BC Summer Skate and Jr Grand Prix competitors. Schedule will be set at a later date.

Summer Schedule

Dates	Time	Events
July 4-8	7am-5:30pm	Tracey Robertson Blade Skill Seminar
July 11-15	7am-5:30pm	Off-Ice Challenge
July 18-22	7am-5:30pm	Element Competition
July 25-29	7am-5:30pm	Skate Detroit
Aug 2-5	7am-5:30pm	Indy Challenge Pair Competition
Aug 8-12	7am-5:30pm	Summer Sizzle-KWSC
Aug 15-19	limited ice time	Break week
Aug 22-26	7am-5:30pm	BC Summer Skate
Aug 29-Sep 2	7am-5:30pm	Special Guest Speaker

Coaches, Skaters and Parents

Over the past 10 years, CSCS has dedicated itself to producing some of the finest competitive figure skaters in the country. We have qualified over 80 skaters to the Canadian Championships in that time, including 3 Canadian Champions and numerous medallists. For more information on the centre's results please feel free to look at our website. We feel it is time to share the training techniques and experiences that we have accumulated collectively. The centre currently has 2 National Team coaches, 3 National Team athletes, 5 international, and 7 national competitors, to watch and learn from. We all want to make this sport better, and sharing with other coaches and skaters is the best place to start.

Skate as many days as you choose, train with our coaching staff, bring your own coach, or a combination of the two. Skate the whole summer or a part of it, and take this opportunity to train and learn from some of the most talented and dedicated athletes in the country.

For more information please contact Scott Rachuk:
 email- scottrachuk@sympatico.ca
 phone- 519-319-4302 or 519-245-2971 ext 442
 website- www.competitiveskatingschoolstrathroy.com

