

Skating Skills Clinic

Evening Sessions

March 22-25, 2010 6:00PM-7:30 PM Monday-Thursday

Full Gear Required

Register By March 10.....\$125.00

Registrations after March 10.....\$150.00

Registrations must be postmarked or other arrangements by March 10 for lower rate

1.5 hours per evening 6 total on ice hours. Groups split after 1 hour to work in smaller skill groups

Experienced Skating Instructors

Attention to Proper Form and Technique Positive Training Environment* Individual Skater Confidence*Dedication to Individual Skater Improvement*

On Ice Skating Skills Areas of Concentration

*Balance*Agility* Quickness*Speed*Flexibility* Power & Acceleration*
Endurance* Blade Maximization* Stick & Puck Control Skills* Breathing Techniques*

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

* Checks payable to Matt McLean*

Please Return Registration Form to:

Skating Clinic/Matt McLean

PO Box 8003

Medford, OR 97501

cut on this line

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: _____