

**Out-of-Town Visitor's Brochure  
Louisville Skating Academy  
2008 Summer Training Program  
(Monday, June 9, 2008 – Tuesday, August 12, 2008)**

**Overview**

Welcome to the 2008 Louisville Skating Academy Summer Training Program. The 9-1/2 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 Najewicz at [rnajewicz@insightbb.com](mailto:rnajewicz@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](http://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

**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, Lucky Strike Tavern (bowling) 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. There is no guarantee on any session requested. 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](mailto: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, 2008.

**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 Classes/Sessions

- *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 30 minute, on-ice session is designed for those skaters working on U.S. Figure Skating dance tests. Music for the compulsory dances will be played. No group instruction will be provided. Private lessons are allowed during this session.
- *Jumps and Spins Class:* This session is a 30 minute group lesson which will focus on different jumps and spins. The low and intermediate classes will work on basic elements. The intermediate and high sessions, will focus on fundamental jump techniques, power and flow in and out of jumps, transitions, and combinations. For spins, skaters will work on basic positions, speed of rotation, entrances and exits and difficult variations.
- *Skating Skills Class:* This session is a 30 minute group class which will focus on the basic skating skills including those incorporated in the first few moves in the field and dance tests.
- *Adult Moves Class:* This 20 minute class will focus on fundamental skating skills and the skills incorporated in the adult moves in the field tests.
- *Power Class:* The 20 minute class focuses on creating and maintaining power and improving stamina and endurance. Special attention is given to body alignment and carriage.
- *Intro to Synchronized Skating Class:* This 30 minute class offered during the Monday evening learn-to-skate session will introduce the fundamental elements and maneuvers involved in synchronized skating. With sufficient enrollment, skaters will be divided into two classes based on age and skating level. Adults and children are welcome. Skaters will have 30 minutes of free skate time following class.
- *Synchro Skills and Drills:* This 30 minute class will focus on power and turns, performed to a specific count and in unison. This class is strongly recommended for skaters who intend to participate in LSA's youth synchronized skating programs.

### Off Ice Classes/Sessions

- *Off-Ice Training:* 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 slightly less than the 45 minutes allotted.
- *Introduction to Off Ice Conditioning* – This off ice class is for the beginner skater who has not passed a moves in the field test or who has not participated in an off ice program previously. 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 Movement:* This off ice class will focus on expression through movement. Skaters will work to find fluidity in their bodies and will be encouraged to create their own personal movement vocabularies through improvisation.

## **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** – Contract skaters 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, 2008, the skater may walk-on sessions at their current level.

**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.

**Credits and Schedule Changes - Credits** will 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. 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. Thirty minute sessions require one punch and 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](mailto:hatchpurnell@insightbb.com) to purchase punch cards.

**Return 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"

The completed forms, with a check, must be mailed to:

Ms. Rebecca Najewicz  
12619 Hillcross Pkwy  
Prospect, KY 40059

Skater's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Address \_\_\_\_\_ City/State/Zip Code \_\_\_\_\_  
Email \_\_\_\_\_ Phone \_\_\_\_\_  
USFS# (must include) \_\_\_\_\_ Home Club \_\_\_\_\_  
Parent/Guardian Name \_\_\_\_\_ Home phone \_\_\_\_\_  
Cell phone \_\_\_\_\_ Work phone \_\_\_\_\_  
Test passed (as of June 1, 2008): MIF \_\_\_\_\_ Freestyle \_\_\_\_\_  
Dance \_\_\_\_\_ Pairs \_\_\_\_\_

Please place a check by the week(s) you will attend the LSA Summer Training Program

\_\_\_ June 9-June 13      \_\_\_ June 16-June 20      \_\_\_ June 23-June 27      \_\_\_ June 30-July 3\*  
\_\_\_ July 7-July 11      \_\_\_ July 14- July 18      \_\_\_ July 21-July 25      \_\_\_ July 28-Aug 1  
\_\_\_ Aug 4-Aug 8      \_\_\_ Aug 11-Aug 12

\*There are no sessions on Friday, July, 4, 2008.

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  
2008 Summer Training Program  
Part III - Waiver of Liability  
(Monday, June 9, 2008 – Tuesday, August 12, 2008)**

**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

For Registrant or Applicant under Age 18:

\_\_\_\_\_  
Print Name of Parent or Legal Guardian

\_\_\_\_\_  
Signature of Parent or Legal Guardian

LSA Ice Rules and Etiquette  
2008-2009

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 agreed to abide by the above rules.

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

Date