

**Louisville Skating Academy
2010 Spring Training Program
Registration - Part I
(Monday, March 1 – Saturday, May 22, 2010)**

Overview

Welcome to the 2010 Louisville Skating Academy ("LSA") Spring Training Program. This Spring season offers a 12 week program of on- and off-ice classes and sessions for skaters of all levels. Questions about this document should be directed to Maria Miller at mpmillercpa@aol.com.

The registration document consists of three parts:

- 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 *and* Waiver & Release of Liability Form.

Skaters who wish to register for the Louisville Skating Academy Spring 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.

February 12, 2010	LSA Test Session
February 13, 2010	LSA Synchro Sensation (annual synchro show & clinic)
February 15, 2010	Entry deadline for LSA Invitational Competition, March 19-21, 2010
March 19, 2010	LSA Test Session (limited and high dance)
March 19-21, 2010	LSA Invitational Competition
May 6, 2010	LSA Annual Banquet
May 11, 2010	LSA Annual Meeting
May 14, 2010	Summer Session Registration Begins

NOTE: See "Registration Process" for the new mailing address.

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:

- *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. However, all skating levels may train during "Open" free skate sessions.
- *Moves & Dance Session:* This on-ice session is designed for those skaters working on U.S. Figure Skating dance and moves in the field tests. Music for the compulsory dances from Preliminary and up will be played. No group instruction will be provided. Private lessons may be taken during this session.
- *Bridge Session:* This session has been designed to introduce enthusiastic new and beginner level skaters to the training requirements of more advanced or competitive skaters. Skaters will participate in a 15 minute off-ice warm-up followed by 10 minutes of on-ice power class and then 20 minutes of group instruction. At the end of the session, skaters will have 30 minutes of free skate (practice) time. Skaters who are enrolled in this session must skate another session each week.
- *Introduction to Synchronized Skating Class:* Synchronized skating is the fastest growing part of the sport of figure skating. 8 to 20 skaters skate as a team, in unison and with speed and precision. This introductory class is taught during the 5:25 to 5:45 PM segment of the bridge session. Skaters will participate in the off-ice, power and free skate portions of Bridge. Skaters of all levels and abilities who want to be part of LSA's team program are welcome.
- *Power Class:* The primary focus of this class will be creating and maintaining power, improving stamina and endurance, and focusing on body alignment.
- *Off-ice Training 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. This program is open to skaters who have passed their Preliminary moves test or higher.
- *Off-ice Stretch & Flexibility Class:* 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 gymnastics in her native country and has developed 8 Junior Olympic Team Representatives from Louisville since she moved here in 1990.
- *Off-ice Jump Class:* This group class will address plyometric training. Areas of jump technique such as jump height, rotation, and in-air and landing positions will be addressed. This class, coordinated as part of the overall off-ice training program, will be taught by skating instructors.

Description of Levels:

Most sessions are limited to 20 skaters with the exception of Bridge, 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, 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

Registration Process

Parts II and III contain the parts of the registration that are to be submitted to LSA. **Part II** is the Spring training schedule and session/class costs as well as the payment schedule. **Part III** contains the Waiver and Release of Liability as well as the Enrollment Cover Sheet. Registering by the deadline allows skaters to purchase sessions at a lower cost and secures a spot on the session once registered. Volume discounts are also offered (see payment plans below). **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 are:

1. A signed **Enrollment Cover Sheet**
2. A signed **Waiver and Release of Liability**
3. A completed **Training Registration & Payment Form**
4. A check payable to “**Louisville Skating Academy**”
OR a completed **Credit Card Payment Form** from Registration Part II
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

The registration dates are: Mail with a postmark *no earlier than* Friday, **February 12, 2010** and *no later than* Friday, **February 19, 2010**. Registrations postmarked Saturday, February 20, 2010 through Thursday, February 25, 2010 are late and will only be accepted if accompanied by the \$25 late fee. Spring registrations will not be accepted if postmarked before February 12, 2010 or after February 25, 2010.

Registration Submission 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 based on the postmark date on the registration envelope *beginning* Friday, February 12, 2010. **The completed registration application must be submitted by mail with a postmarked date of February 12, 2010 and no later than Friday, February 19, 2010.**

Registrations postmarked February 11, 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 February 20, 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 February 20 to February 25, 2010. Spring registrations will not be accepted after February 25, 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.

Payment Plans:

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, especially for the intensive summer training program.

Installment Payments - Registrations totaling \$200 or more may be divided into 3 equal installments. The second and third payments are due **March 12 and April 9, 2010**, respectively. No reminders are sent. It is your responsibility to make payments on time. Payments for these periods made after such dates are subject to the *Late Payment Policy* (explained below). The second installment payment may be mailed or placed in the LSA mailbox, which is located on the wall outside the Iceland office, next to the bulletin boards.

Credit Card Payments - LSA now accepts credit card payments. The form to pay by credit card is included in **Part II**. To protect your card information, LSA will destroy the credit card information once it has been processed. Therefore, credit card information must be resubmitted with each payment.

The *Returned Check Policy* (explained below) applies to all payments.

Registration Policies

Late Payment Policy:

All payments are due on the stated due date. LSA will accept 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 a member of the LSA Contract Committee is notified in writing prior to the registration's initial stated due date.

Returned Check Policy:

By submitting registration forms with LSA, you agree to abide by the LSA returned check policy outlined below:

1. All returned checks are subject to a \$20.00 fee.
2. 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.
3. 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.

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:

- \$11.50 for a 50 minute or 1 hour free skate session (levels high, intermediate or low)
- \$4.75 for a 20 minute moves and dance session
- \$10 for a 20 minute group class
- \$5.00 for the 30 minutes of free skate after the class portion of Bridge or Learn-to-skate (Skaters may not walk-on the class portion of these sessions.)

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.

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

Injuries:

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. In the case of injury or illness, skaters will not receive refunds. *Doctor’s notes with vague ending dates such as “2-3 weeks” or “after Labor Day” will not be accepted.*

Requests for Schedule Changes:

Requests for schedule changes are not guaranteed and must be submitted prior to February 25, 2010, the last day of the registration period.

Credit Options

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

Ice Monitors

– Bev Jones

BeverlyTJones@bellsouth.net

Home: (502) 895-8015

Cell: (502) 417-4216

Kroger Cards

– Del Marie Conley

ConleyDM@aol.com

Home: (502) 429-8509