

**Louisville Skating Academy  
2010 Summer Training Program  
Registration - Part I  
(Monday, June 7 – Friday, August 13, 2010)**

**Overview**

Welcome to the 2010 Louisville Skating Academy (“LSA”) Summer Training Program. This Summer season offers a 10 week program of on and off-ice classes and sessions for skaters of all levels. Questions about this document should be directed to Jodi Michel at [joschmo@bellsouth.net](mailto:joschmo@bellsouth.net).

The registration document consists of three parts:

(Note: Please fill out a separate cover sheet, registration and waiver form for **each** skater)

- 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 LSA Summer 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](http://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](http://www.skatelouisville.org). Below are a few of the upcoming events. The dates are subject to change.

June 7	Summer Kick Off
June 15	Parent Academy
June 18	Fire and Ice Registrations Due
June 26	LSA Test Session
June 27	Youth Synchro All Day Clinic and Sleepover
July 19-23	Coollest Camp In Town (Week One)
July 26-30	Coollest Camp In Town (Week Two)
July 28	Fire and Ice Summer Exhibition
August 13	End of Summer Training

**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 – 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. Music for the compulsory dances from Preliminary test level to Pre-Silver test level will be played on Intermediate/Low sessions and music from the Silver test level and up will be played on High sessions. 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.
- *On-Ice Class:* This on-ice group class will focus on spins and jumps, including axels for the appropriate levels. This class is an economical option for additional instruction time.
- *Edges Class:* This on-ice class will focus on skating skills, quality of edges, and difficult turns. Focus will be on balance, glide across the ice, control of the body, ability to maintain flow and other important qualities of skating.
- *Low Power and Edges Class:* This class for lower level skaters combines skating skills with power and is a 30 minute class. Focus will be on introducing new turns and improving edge quality while the skater learns to create and maintain speed and flow across the ice.
- *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. This session will be run as a program practice with a short warm up time before each group of skaters.
- *Synchronized Team Practices:* This session is team practice for those skaters who have been assigned to the 2010-2011 LSA synchronized skating teams.

#### **Description of Sessions and Classes – Off-Ice:**

- *Strength and Conditioning:* 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 Preliminary moves test or higher. Program capacity is only 50 skaters. Skaters may attend up to three classes per week. Each workout will take approximately 45 minutes, and skaters may “drop in” for their work out during the period allotted on the days the program is offered.
- *Jump Class* – This off-ice 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.
- *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.

- *Ballet for Skaters* – This off-ice class will introduce classical ballet concepts to enhance figure skating. Focus will be on body position, extension, graceful movement of arms and hands, etc.

#### **Description of Levels:**

Most sessions are limited to 20 skaters with the exception of 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:** Skaters of any level
- **Adult:** Skaters 18+ years of age

#### **Registration Process**

**Part II** of this registration agreement contains the summer schedule and session/class costs in a grid format. Pre-registration allows skaters to purchase sessions at a lower cost and secures a spot on the session once registered. **Skaters are registered on a first-come, first-served basis according to the process outlined herein.**

#### **Training Discounts:**

Skaters who register for large amounts of ice time receive a volume discount. This discount is outlined on the Registration Grid Form. The parameters of this discount are subject to change in future registration periods. During this intensive summer training season, skaters are encouraged to skate daily as improvement comes from constant practice. Skaters, of any level, who purchase more than \$1,750 during this 10 week season will receive a 25% discount. Skaters who are **preliminary free skate level** and below, are offered a 10% discount if they register for an amount between \$1,350 and \$1,749 with this contract. In order to reach this threshold of \$1,350, for example, a lower level skater would need to purchase *per week* approximately 8 free skate sessions, two dance sessions, 2 power sessions, the off-ice training program and one day of flexibility training. Other combinations of classes and sessions will meet this threshold as well. This type of training routine is recommended for a skater who is pushing ahead to skate at the most competitive levels.

#### **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** (for each skater)
2. A signed **Waiver and Release of Liability** (for each skater)
3. A completed **Training Registration & Payment Form** (for each skater)
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, **May 14, 2010** and *no later than* Friday, **May 21, 2010**. Registrations postmarked Saturday, May 22, 2010 through Wednesday, May 26, 2010 are late and will only be accepted if accompanied by the \$25 late fee. Summer registrations will not be accepted if postmarked before May 14, 2010 or after May 26, 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 with a postmark date on the envelope *beginning* Friday, May 14, 2010. **The completed registration application must be submitted by mail with a postmarked date no earlier than May 14, 2010 and no later than Friday, May 21, 2010.**

Registrations postmarked May 13, 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 May 22, 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 May 22 to May 26, 2010. Summer registrations will not be accepted after May 26, 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.

*Installment Payments* - Registrations totaling \$200 or more may be divided into 2 equal installments. The second payment is due Friday, June 11, 2010. 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 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:

- All returned checks are subject to a \$20.00 fee.
- 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.
- 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:

- \$12.50 for a Regional Competitors Session
- \$12.50 for a 60 minute free skate session

- \$11.50 for a 50 minute free skate or open session (levels high, intermediate or low)
- \$11.50 for off-ice stretch and flexibility
- \$10.00 for an open session (levels high, intermediate or low)
- \$10.00 for an on-ice class, power and/or edges class (20 or 30 minute)
- \$6.00 for an off-ice jump class
- \$5.00 for a 20 minute dance session (no group instruction)
- \$5.00 for the 30 minutes of free skate after the class portion of Learn-to-skate (skaters may not walk-on the class portion of this session)

Skaters may not “walk-on” the off-ice training program.

**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.

**Requests for Schedule Changes:**

Requests by skaters for schedule changes are not guaranteed, but LSA will endeavor to make changes requested before May 26, 2010. At the discretion of the contract committee, changes requested between May 26 and June 12, 2010 may be made; however, there will be \$10 fee per change, and such fee which will be added to the skater's second installment payment. Schedule changes will not be made after June 12, 2010.

**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.*

**Credit Options**

Skaters may accumulate credits toward registration by taking advantage of the Kroger card option or by volunteering to ice monitor sessions. More is available on the LSA website, [www.skatelouisville.org](http://www.skatelouisville.org) or by calling or emailing the people below:

*Ice Monitors*

– Bev Jones

[BeverlyTJones@bellsouth.net](mailto:BeverlyTJones@bellsouth.net)

Home: (502) 895-8015

Cell: (502) 417-4216

*Kroger Cards*

– Del Marie Conley

[ConleyDM@aol.com](mailto:ConleyDM@aol.com)

Home: (502) 429-8509