

**Out-of-Town Visitor's Brochure  
Louisville Skating Academy  
2010 Summer Training Program  
(Monday, June 7, 2010 – Friday, August 13, 2010)**

**Overview**

Welcome to the 2010 Louisville Skating Academy Summer Training Program. The 10-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 Hatch-Purnell at [hatchpurnell@insightbb.com](mailto:hatchpurnell@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

In addition, some local skating families have expressed a willingness to host visiting skaters. Compensation and logistics can be worked out privately between the host family and the visiting family. For information on potential host families, please contact Rebecca Hatch-Purnell at [hatchpurnell@insightbb.com](mailto:hatchpurnell@insightbb.com).

**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, 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

**Out-of-Town Visitors must submit completed registration forms one week prior to their arrival in Louisville.** 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, 2010.

**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

## Session/ Class Descriptions

### 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. 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.
- *Youth Synchro Team Practice:* This session is team practice for those skaters who have been assigned to the 2010-2011 LSA youth synchronized skating teams.

### Off Ice:

- *Strength and Conditioning 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,

Bellarmino 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 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 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.
- *Ballet Class 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
- *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.

## 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** – Out-of-Town visitors may walk on to additional sessions beyond those for which the skater has pre-registered. Skaters may walk-on any session for which they are eligible if space is available. Walk-on skaters are charged a higher per-session fee than pre-registered skaters. They must check in with the ice monitor and pay for the session PRIOR to walking on.

**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.

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

**Injuries: NO REFUNDS** are offered in the event a skater cannot attend a session for which they have pre-registered. In cases of extreme incapacitating injury, however, requests for refunds will be reviewed and a partial refund may be granted.

**Requests for schedule changes** are not guaranteed and must be submitted in writing at least one week 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. Twenty- or thirty-minute sessions require one punch and fifty-minute or 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.

**Returned Check Policy-** All returned checks are subject to a \$20 fee.

### LSA Skater Enrollment Sheet

To enroll in the LSA 2010 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" or payment with a valid credit card.

The completed forms, with check or credit card information, must be mailed to:

Ms. Rebecca Hatch-Purnell  
2211 Homewood Drive  
Louisville, KY 40223

**PLEASE SUBMIT ALL FORMS AT LEAST ONE WEEK PRIOR TO YOUR ARRIVAL IN LOUISVILLE**

Skater's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_  
Email \_\_\_\_\_ Phone \_\_\_\_\_  
USFS# (must include) \_\_\_\_\_ Home Club \_\_\_\_\_  
Parent/Guardian Name \_\_\_\_\_ Home Phone \_\_\_\_\_  
Cell \_\_\_\_\_ Work Phone \_\_\_\_\_  
Test passed (as of June 1, 2010): MIF \_\_\_\_\_ Free Skate \_\_\_\_\_  
Dance \_\_\_\_\_ Pairs \_\_\_\_\_

Please place a check by the week(s) you will attend the LSA Summer Training Program  
\_\_\_\_\_ June 7-June 11 \_\_\_\_\_ June 14-June 18 \_\_\_\_\_ June 21-June 25 \_\_\_\_\_ June 28-July 2  
\_\_\_\_\_ July 5-July 9 \_\_\_\_\_ July 12- July 16 \_\_\_\_\_ July 19-July 23 \_\_\_\_\_ July 26-July 30  
\_\_\_\_\_ Aug 2-Aug 6 \_\_\_\_\_ Aug 9-Aug 13

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  
2010 Summer Training Program  
Part III - Waiver of Liability  
(Monday, June 7, 2010 – Friday, August 13, 2010)**

**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  
For Registrant or Applicant under Age 18:

\_\_\_\_\_  
Signature of Registrant or Applicant

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

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

LSA Ice Rules and Etiquette  
2010-2011

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 agree to abide by the above rules.

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

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Date

## LSA Summer Training Schedule and Cost Sheet June 7-August 13, 2010

Please highlight your preferred sessions and classes. We will accommodate your requests if possible.

### On-ice Sessions

Monday	Tuesday	Wednesday	Thursday	Friday
7:30am-8:20am High/Int Free Skate	7:30am-8:20am High Free Skate	7:30am-8:20am High Free Skate	7:30am-8:20am Int/Low Free Skate	7:30am-8:20am High/Int Free Skate
8:20am-9:10am High Free Skate	8:20am-8:40am High Dance	8:20am-8:40am High Power	8:20am-8:50am Int/Low On-Ice Group Class	8:20am-9:10am High Free Skate
9:10am-9:30am High Edges Class	8:40am-9:30am High Free Skate	8:50am-9:40am High Free Skate	8:50am-9:40am Int/Low Free Skate	9:10am-9:30am High Dance
9:40am-10:30am High/Int Free Skate	9:40am-10:00am High Power	9:40am-10:30am High/Int Free Skate	9:50-10:10 Int Power	9:40-10:30 High/Int Free Skate
10:30am-10:50am Int/Low Dance	10:00am-10:50am Int Free Skate	10:30am-11:10am Youth Synchro Team Practice	10:10am-10:30am High Edges	10:30am-10:50am Int/Low Dance
10:50am-11:10am Int Edges Class	10:50am-11:10am Int Power	11:20am-12:10pm Int/Low Free Skate	10:30am-11:20am High Free Skate	10:50am-11:10am Int Power
11:20am-12:10pm Int/Low Free Skate	11:20am-12:10pm Int/Low Free Skate	11:20am-12:10pm Int/Low Free Skate	11:30am-12:20pm High/Int/Low Free Skate	11:20am-12:10pm Int/Low Free Skate
12:10am-1:00pm Int/Low Free Skate	12:10am-1:00pm Int/Low Free Skate	12:10am-1:00pm Int/Low Free Skate	12:20am-1:20pm Regional Competitor session	12:10pm-12:40pm Low Power and Edges Class
			1:20pm-2:10pm High Free Skate	12:40am-1:30pm Open Free Skate
<b>Monday Evening</b>	<b>Tuesday Evening</b>			
5:30pm-6:30pm High/Int/Low Free Skate	5:30pm-6:20pm High/Int/Low Free Skate			
	6:20pm-7:10pm High/Int/Low Free Skate			
	7:10pm-8:00pm Adult Drills Class			

### Off-ice Sessions

Monday	Tuesday	Wednesday	Thursday	Friday
11:00am-1:00pm High/Int Strength and Conditioning	11:15am-12:15pm High Stretch and Flexibility	11:00am-1:00pm High/Int Strength and Conditioning	10:30am-11:00am Low Jump Class	11:15am-12:15pm High Stretch and Flexibility
	12:15pm-1:15pm Int. Stretch and Flexibility	12:45pm-1:15pm Int. Jump Class	1:30pm-3:00pm High/Int Strength and Conditioning	12:15pm-1:15pm Int. Stretch and Flexibility
	1:15pm-2:00pm Low Stretch and Flexibility			
	6:20pm-7:20pm Low/Int Ballet Class for Skaters			
	7:20pm-8:20pm High/Int Ballet Class for Skaters			

### Summer Training Cost Summary

On-ice Sessions & Classes	Cost per session	# of sessions	Total
Free Skate (50 min)	\$10.00		
Free Skate (60 min)	\$11.00		
Dance	\$4.00		
Power	\$8.50		
Edges	\$8.50		
On-ice Class	\$8.50		
Regional Competitor	\$10.00		
<b>Off-ice Classes</b>			
Off-ice Strength and Conditioning	\$10.00-	For liability reasons, visitors cannot participate in the off-ice strength and conditioning program	
Stretch and Flexibility	\$10.00		
Jump Class	\$ 5.00		
Ballet Class	\$10.00		
<b>Grand Total</b>			

**If paying by credit card, please provide the following:**

Name on card:

\_\_\_\_\_

Address:

\_\_\_\_\_

Amount to charge:

\_\_\_\_\_

Circle type of card:

Visa     Mastercard

Credit card number:

\_\_\_\_\_

Expiration date:

\_\_\_\_\_

CVV #: