

BCSS Application for Fall and Winter 2009 – 2010

Please use a separate application form for each student and send:

- Completed application form
- United States Figure Skating (USFS) membership form and fee (if applicable)
- Assumption of Risk Statement & Indemnification/Release Agreement
- Medical History and Information Statement
- Check payable to Bowdoin College

Mail all forms with payment to:

Events and Summer Programs
Bowdoin College Skating School
3200 College Station
Brunswick, ME 04011-8423

We do not mail confirmation notices. We will notify you if our classes are full

- Registrations cannot be processed until all forms are completed with date of birth, health insurance verification, USFS form, and the signature of the participant or a parent/legal guardian if the skater is 18 years of age or under. **No student will be allowed on the ice if forms are not fully completed.**
- Changes in schedules will be communicated by e-mail. Please provide your e-mail address in the appropriate space below. Cancellations will be announced on the BCSS number, 725-3433. **No makeup classes.**
- **If you have a current paid USFS membership with the Skating Club of Brunswick thru 6/30/10, you do not need to pay the \$10.00 fee again this year*.**

Student Name _____ Date of Birth _____

Address _____

Town _____ State _____ Zip _____

Parent/Guardian Name _____

Day Phone _____ Cell Phone _____

Email Address (Required) _____

Please check the session and class you wish to attend:

____ First Session, ____ Late Starter (begins November 21), ____ Second Session, ____ Both Full Sessions

IMPORTANT: Please arrive at the rink 15 minutes before class begins!

	1 st Session	Late-Starter Session	2 nd Session	Both Full Sessions
Thursdays (Jan. 7-Mar. 11, 2010):				
____ Adult Refresher: () Advanced () Beginner (check one)	N/A	N/A	\$125.00	N/A
____ Adult Beginner Dance	N/A	N/A	\$125.00	N/A
____ Hockey (All levels)	N/A	N/A	\$125.00	N/A
____ Home-Schoolers	N/A	N/A	\$125.00	N/A
____ Lap Skating	N/A	N/A	\$125.00	N/A
____ Parent & Me	N/A	N/A	\$125.00	N/A
____ Parent (Please complete separate application and release forms)	N/A	N/A	\$125.00	N/A
____ Snowplow Sam	N/A	N/A	\$125.00	N/A

Saturdays (Oct. 10, 2009- Dec. 19, 2009 and Jan. 6 -Mar. 13, 2010):

____ Adult Lessons: () Advanced () Beginner () Hockey (check one)	\$125.00	N/A	\$140.00	\$250.00
____ Advanced Basics	N/A	N/A	N/A	\$300.00
____ Basic 1, 2, 3, 4, 5, 6, 7, 8 (Please circle level)	\$125.00	\$80.00	\$140.00	\$250.00
____ Challenges Bridge Program	\$65.00	N/A	\$ 75.00	\$130.00
____ Hockey 1-4	\$125.00	\$80.00	\$140.00	\$250.00
____ Snowplow Sam	\$125.00	\$80.00	\$140.00	\$250.00

SUB TOTAL	\$ _____	\$ _____	\$ _____	\$ _____
PLUS \$10.00 ONE-TIME USFS YEARLY* FEE	\$ _____	\$ _____	\$ _____	\$ _____
TOTAL	\$ _____	\$ _____	\$ _____	\$ _____

Name of Participant/Parent/Guardian (Please Print): _____ Phone #: _____

Signature of Participant/Parent/Guardian: _____ Date: _____

Bowdoin College Skating School

Class Outline and Important Information

2009-2010

The **Bowdoin College Skating School (BCSS)** offers the *Basic Skills Program* designed by United States Figure Skating (USFS) for participants ages 3 to adult. Classes are offered on Saturdays October-December 2009 and Thursdays and Saturdays January-March 2010. If you have questions, please contact Roberta Davis in the Bowdoin College Events Office, rdavis@bowdoin.edu, call 725-3421, or visit us online at www.bowdoin.edu/events/skatingschool.

- **Changes and Cancellations:**
Schedule changes will be posted at the rink and e-mailed to participants. If classes are cancelled due to dangerous weather, there will be an announcement on the BCSS number, 725-3433. Classes are seldom cancelled due to weather. **There are no make-up classes.**
- **Deadline:**
All forms must be completed and payment received in full before participants will be allowed on the ice.
- **Early-Morning Ice :**
There is practice ice Wednesdays, 7:00-8:00 a.m. Any age/level can come. This is a great opportunity to practice or have a private lesson. If interested, contact Linda Despres, Skating School Director, for information.
- **Equipment/Clothing:**
Wear comfortable, warm clothing such as a turtleneck/sweater/hoodie combo, long johns/wind pants, hat or head band. Mittens or gloves are a must. **Figure skaters** should have single-blade skates – no double runners or plastic skates. **Hockey skaters** need hockey skates and USA-approved helmets.
- **Insurance:**
It is a requirement of Bowdoin College that all skaters are covered by health insurance. **No one allowed on ice without insurance.**
- **Late-Starter Classes:**
November 21-December 19, 2009. This is limited to Snowplow Sam, Hockey 1-4, and Basics 1-8.
- **Location:**
Sidney J. Watson Arena, Harpswell Street, Brunswick.
- **Skates/Skate Sale:**
Good, new skates can be purchased at the skate shop at the Kennebec Ice Arena in Augusta. Proper fit is important. If you buy from a place other than a designated-skate shop, you may find the staff is not trained to fit skates properly. The Skating Club of Brunswick will host its annual skate sale 9-11 a.m., Saturday, October 3, at Watson Arena. Bring your out-grown skates to sell, and perhaps you will find a pair to purchase at a reasonable price. The people there know how to fit skates properly.
- **Thursday Classes:**
Due to low enrollment in years' past, we will not be offering Thursday skating lessons this fall. However, if Thursday enrollment for January-March 2010 classes meet our requirements, we will offer Thursday classes January 7-March 11, 2010. A final decision will be made by December 11, 2009. If you enroll your child now for Thursday, 2010, classes and we are unable to get the desired number of participants, you will be notified and refunded for those classes.

Class Schedule and Fees

Adult Refresher/Lessons (Includes Adult Beginner and Adult Advanced Lessons) – Thursday (Jan. 7-Mar. 11, 2010)/Saturday

Designed for adult beginners and advanced skaters to promote physical fitness and to improve balance and coordination. Basic skills, free skate, and ice dancing are instructed in a group setting. Adult Hockey is designed to teach adults the fundamentals of hockey skating at the beginner or intermediate level. No experience necessary.

Thursday Classes Cost:	2 nd – Jan. 7-Mar. 11	\$125.00 plus \$10.00 USFS fee
Saturday Classes Cost:	1 st – Oct. 10-Dec. 19	\$125.00 plus \$10.00 USFS fee
	2 nd – Jan. 2-Mar. 13	\$140.00 plus \$10.00 USFS fee
	1 st & 2 nd – Oct. 10-Mar. 13	\$250.00 plus \$10.00 USFS fee

Adult Beginner Dance – Thursday (Jan. 7-Mar. 11, 2010)

This class will focus on basic components of ice dancing as well as edges, turns and dance patterns while skating to music.

Advanced Basics (Includes High Moves, High Freestyle, Senior Team, Annie's Edges, Low Freestyle, and Junior Team) -- Saturday (Both sessions only)

Designed to meet competitive skating requirements. Students may participate in this program only after passing Basic 8. Students new to the program will be required to demonstrate satisfactory Basic 8 skills before being permitted to participate in Advanced Basics.

Cost:	2 nd – Oct. 10-Mar. 13	\$300.00 plus \$10.00 USFS fee
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Basic Skills 1-8 (Ages 6 to 18) -- Saturday

Basic Skills are fundamentals of the sport. The eight levels of the program introduce the fundamental moves – forward skating, backward skating, stops, edges, crossovers, turns, and mohawks. Students progress through the levels at their own pace. Basic 1 is for skaters who have never had lessons. Each class includes a 20-minute lesson plus 20 minutes of practice time.

Cost:	1 st – Oct. 10-Dec. 19	\$125.00 plus \$10.00 USFS fee
	2 nd – Jan. 7-Mar. 13	\$140.00 plus \$10.00 USFS fee
	Late Starter-Nov.21-Dec.19	\$80.00 plus \$10.00 USFS fee
	1 st & 2 nd – Oct. 10-Mar. 13	\$250.00 plus \$10.00 USFS fee

Challenges Bridge Program -- Saturday

Open to all Basic Skills levels. This will include Edge & Synchro and an introduction to all upper-level skills with music. Classes will vary each week with introductions to jumps, spins and challenges.

Cost:	1 st – Oct. 10-Dec. 19	\$125.00 plus \$10.00 USFS fee
	2 nd – Jan. 2-Mar. 13	\$140.00 plus \$10.00 USFS fee
	1 st & 2 nd – Oct. 10-Mar. 13	\$250.00 plus \$10.00 USFS fee

Hockey (All Levels) -- Thursday (Jan. 7-Mar.11, 2010)

Beginner hockey adults and kids – will teach the basic fundamentals and progress up the skills ladder for all levels.

Cost:	2 nd – Jan. 7 – Mar. 11	\$125.00 plus \$10.00 USFS fee
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Hockey 1-4 (Ages 4 and up) -- Saturday

Designed to teach the fundamentals of hockey skating to beginning skaters. In 4 badge levels, skaters will learn how to maneuver and be agile on the ice. Proper skating techniques are the primary focus. All elements will be taught without a stick or puck. USA-approved helmets required. After completion of badges, sticks will be used.

Cost:	1 st – Oct. 10-Dec. 19	\$125.00 plus \$10.00 USFS fee
	2 nd – Jan. 7-Mar. 13	\$140.00 plus \$10.00 USFS fee
	Late Starter-Nov.21-Dec.19	\$80.00 plus \$10.00 USFS fee
	1 st & 2 nd – Oct. 10-Mar. 13	\$250.00 plus \$10.00 USFS fee

Home Schoolers (Ages 6 to 18) -- Thursday (Jan. 7-Mar. 11, 2010)

Classes for home-schooled children will cover the same skills as Basics 1-8. **No parents on the ice!**

Cost:	2 nd – Jan. 7-Mar. 11	\$125.00 plus \$10.00 USFS fee
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Lap Skating -- Thursday (Jan. 7-Mar. 11, 2010)

Ice will be coned off to indicate the lap route. Burn 500 calories per hour as you put on the miles. Includes beginning and ending stretches.

Cost:	2 nd - Jan. 7-Mar. 11	\$125.00 plus \$10.00 USFS fee
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Parent & Me (Ages 3, 4, 5 with a parent on the ice) -- Thursday (Jan. 7-Mar. 11, 2010)

Designed to teach beginning children while teaching the same basic skills to parents as well. Parent and child will be instructed together. **Separate application, USFS form, \$10.00 USFS fee, and release forms required for parent to be on the ice.**

Cost:	2 nd – Jan. 7-Mar. 11	\$125.00 plus \$10.00 USFS fee
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Snowplow Sam & Tiny Blades (Ages 3, 4, 5) -- Thursday (Jan. 7-Mar. 11, 2010)/Saturday

Introduces the fundamental skills of ice skating to preschool children. Develops the coordination and strength necessary to maneuver on the ice.

Allows ample time for young skaters to develop a feel for being on the ice and confidence in skating. **Skaters must be 3 by October 10, 2009. Tiny**

Blades is a new class for 3 year olds only. Will include how to fall and get up, marching and gliding along with games and music.

Thursday Classes Cost:	2 nd – Jan. 7-Mar. 11	\$125.00 plus \$10.00 USFS fee
Saturday Classes Cost:	1 st – Oct. 10-Dec. 19	\$125.00 plus \$10.00 USFS fee
	2 nd – Jan. 2-Mar. 13	\$140.00 plus \$10.00 USFS fee
	1 st & 2 nd – Oct. 10-Mar. 13	\$250.00 plus \$10.00 USFS fee

The Skating Club of Brunswick Ice Show is produced at the end of the skating season at the Sidney J Watson Arena. Skaters in the Bowdoin College Skating School, levels Basic 5 and higher, will be invited to participate in the show. Also, Thursday Snowplow Sam skaters may be selected to participate in the show, based on their skills and maturity level. Saturday skaters must be registered for both fall and winter sessions to be eligible. Information on costume cost and rehearsal times will be furnished later in the fall session.

Skating School Staff

Director: Linda Despres, 729-0951, ldespres@suscom-maine.net

Assistant Directors: Elaine Driscoll and Theresa Houtman

Ice Coordinator: Tally Brown

Professionals: Debbie Brooks, Erika Despres, Shauna McLean, Teresa Henderson, and Jordan Driscoll

Junior Instructors: Anna Bruning, Shania Creamer, Isabella Fasulo, Brooke Gagne, Sarena Hall, Mackenzie Homer, and Megan Pare.

Registration Coordinator: Roberta Davis, 725-3421, rdavis@bowdoin.edu

Bowdoin College Skating School

Fall 2009 Class Schedule

Saturday Class Schedule

October 10, 17, 24, 31, November 21, December 5, 12, and 19

Important! No classes November 7, 14, and 28

<u>Class</u>	<u>Class Time</u>	<u>Practice Time</u>
Advanced Basics:		
High Moves & Figures	7:00-7:15 a.m.	
High Freestyle	7:15-7:35 a.m.	
Senior Team	7:35-8:15 a.m.	
Annie's Edge & Power	8:15-8:35 a.m.	
Low Freestyle	8:35-8:55 a.m.	
Junior Team	8:55-9:20 a.m.	
 Snowplow Sam	 9:30-9:50 a.m.	 9:50-10:10 a.m.
Adult:		
Hockey	9:30-9:50 a.m.	9:50-10:10 a.m.
Lessons	9:30-9:50 a.m.	9:50-10:10 a.m.
 Basic I	 9:30-9:50 a.m.	 9:50-10:10 a.m.
 Hockey 1-4	 9:30-9:50 a.m.	 9:50-10:10 a.m.
 Basics 2, 3, 4	 9:50-10:10 a.m.	 10:10-10:30 a.m.
 Basics 5, 6, 7, 8	 10:10-10:30 a.m.	 10:30-10:50 a.m.
 Challenges Bridge Program	 10:30-11:00 a.m.	

Bowdoin College Skating School

Winter 2010 Class Schedule

Thursday Class Schedule

(A decision on holding Thursday classes will be made December 11, 2009)

January 7, 28, February 4, 11, 18, 25, March 4, and 11

Important! No classes January 14 or 21

<u>Class</u>	<u>Class Time</u>	<u>Practice Time</u>
Lap Skating	9:00-9:30 a.m.	
Parent and Me	9:00-9:30 a.m.	9:30-10:00 a.m.
Snowplow Sam & Tiny Blades	9:00-9:30 a.m.	9:30-10:00 a.m.
Adult Beginner Dance	9:30-10:00 a.m.	10:00-10:30 a.m.
Adult Refresher	9:30-10:00 a.m.	10:00-10:30 a.m.
Hockey (All Levels)	10:00-10:30 a.m.	10:30-11:00 a.m.
Home Schoolers	10:00-10:30 a.m.	10:30-11:00 a.m.

Saturday Class Schedule

January 2, 16, 23, February 6, 13, 20, 27, March 6, and 13

Important! No classes January 9 or 30

<u>Class</u>	<u>Class Time</u>	<u>Practice Time</u>
Advanced Basics:		
High Moves	7:00-7:15 a.m.	
High Freestyle	7:15-7:35 a.m.	
Senior Team	7:35-8:15 a.m.	
Annie's Edge	8:15-8:35 a.m.	
Low Freestyle	8:35-8:55 a.m.	
Junior Team	8:55-9:20 a.m.	
Snowplow Sam	9:30-9:50 a.m.	9:50-10:10 a.m.
Adult Hockey & Lessons	9:30-9:50 a.m.	9:50-10:10 a.m.
Basic I	9:30-9:50 a.m.	9:50-10:10 a.m.
Hockey 1-4	9:30-9:50 a.m.	9:50-10:10 a.m.
Basics 2, 3, 4	9:50-10:10 a.m.	10:10-10:30 a.m.
Basics 5, 6, 7, 8	10:10-10:30 a.m.	10:30-10:50 a.m.
Challenges Bridge Program	10:30-11:00 a.m.	

BOWDOIN COLLEGE
ASSUMPTION OF RISK STATEMENT AND INDEMNIFICATION/RELEASE AGREEMENT

In consideration of Bowdoin College (the "College") accepting _____ ("Participant") into the Bowdoin Skating School Program (the "Program"), the undersigned parent or guardian, on his/her own behalf and on behalf of Participant, agrees as follows:

1. For purposes of this Agreement, the term "Claims" means any and all claims, liabilities, demands, causes of action, losses, debts, costs and expenses of every kind and nature whatsoever arising directly or indirectly from or attributable in any way whatsoever to Participant's participation in the Program, including but not limited to any and all such claims, liabilities, demands, causes of action, losses, debts, costs and expenses arising directly or indirectly from or attributable in any way whatsoever to Participant's travel to or from the Program, medical treatment of Participant during or related to the Program, and the sponsorship, planning, organization or supervision of the Program by any person or entity.

2. I understand that the Program poses risks of personal injury, loss or damage to property, or loss of life. I knowingly assume any and all risks connected with the Program.

3. I hereby release and forever discharge the College, its officers, employees, Trustees and agents (the "Released Parties") from, and waive and promise not to sue on account of, any and all Claims. I further agree to indemnify and hold harmless the Released Parties from and against any and all Claims, including but not limited to reasonable attorneys' fees arising from any Claim or threatened Claim.

4. I agree and acknowledge that the foregoing waiver, release, indemnity and promise not to sue applies to and includes any Claim arising directly or indirectly from or attributable in any way whatsoever to any act or omission, including any negligent act or omission, on the part of a Released Party.

5. I consent to have administrators of the Program act in my behalf, and hereby authorize said administrators to consent to any medical treatment for Participant in the event of an emergency. I understand that payment for any medical treatment shall be my obligation and not that of the College.

6. I understand that it is a requirement of the Program that all participants be covered by health insurance, and hereby represent that Participant is covered by health insurance.

7. This Agreement shall be governed by Maine law and shall be binding on my heirs, personal representatives, successors and assigns. If any part of this Agreement is found to be unenforceable by a court or other body having jurisdiction, the provisions shall be altered and not eliminated as may be considered reasonable, and as amended shall be enforced.

THIS IS AN INDEMNITY AND RELEASE AGREEMENT

READ AND UNDERSTAND IT BEFORE SIGNING

Date: _____

Parent/Guardian's Signature and Printed Name

Bowdoin College Skating School

Medical History and Information Statement

Participant's Name _____ Age _____

Address _____

Parent/Guardian _____

Home Phone _____ Work Phone _____

Cell Phone _____ Additional # _____

Email address _____

In an emergency, if we cannot reach you, whom should we call?

Name _____ Phone _____

Name _____ Phone _____

Please list any medical issues (including allergies and prescriptions) or special needs (attach additional notes if necessary). _____

Insurance is required to participate in Bowdoin College Skating School. By signing our Assumption of Risk Statement and Indemnification/Release Agreement, you are confirming that your child is actively enrolled in an insurance program.

Your child will be allowed to leave Skating School only with the person(s) listed below. There will be no exceptions. No child will be permitted to leave unsupervised without written permission. Any changes must be documented in a note signed by you and given to the Administrator on that particular day.

Name and phone number of person(s) permitted to pick up your child:

Name _____ Phone _____

Name _____ Phone _____

IMPORTANT: All information must be supplied on this form before the skater will be allowed on the ice.

BOWDOIN COLLEGE SKATING SCHOOL

PHOTO RELEASE

I understand that the photograph(s) taken of me or my child or children by agents, employees or representatives of Bowdoin College shall be used in connection with the College's dissemination of information on its academic and other programs to the general public.

I hereby irrevocably authorize Bowdoin College and its agents, employees or representatives to copy, exhibit, publish or distribute any and all such photographs of me or my child, or wherein I appear, including composite or artistic representations, and to use the said photographs in all forms and media for purposes of publicizing College programs or for any other lawful purpose. In addition, I waive any right to inspect or approve the finished product, including written copy, wherein my photograph(s) appears.

I hereby hold harmless and release and forever discharge Bowdoin College and all of its agents, employees and representatives, and their successors, from all claims, demands and causes of action which I, my heirs, representatives, executors, administrators or any other persons acting on my behalf or on behalf of my estate have or may have by reason of this authorization.

Participant's Name _____ Date _____

Name of Parent/Guardian (Please Print) _____

Signature of Parent/Guardian _____

Address _____

USFS (U.S. Figure Skating) Basic Skills Membership Registration

July 1, 2009 – June 30, 2010

If you have a current paid USFS membership with the Skating Club of Brunswick thru 6/30/10, you do not need to pay an additional \$10.00 fee at this time. This form must be submitted to Bowdoin College Skating School with or without the fee.

Please choose one:

- Skater/Participant
 Instructor/Skating Director

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: Home: _____

Current USFS membership #: _____ (if applicable)

Date of birth : _____ Gender: M ___ or F ___

E-mail address: _____

Amount due: \$10.00

Please remit \$10.00 (if not a current paid member) and this form to:

Bowdoin College Skating School
3200 College Station
Brunswick, ME 04011-8423
(207) 725-3421