



2017 Spring On-Ice and Off-Ice Training

March 14th through May 18th at Kensington Valley Ice House

Hours of Operation:

ON-ICE SKILLS TRAINING:

Tuesdays and Thursdays: 3:00pm – 5:50pm

OFF-ICE STRENGTH AND CONDITIONING

Tuesdays and Thursdays: 3:00pm – 7:30pm

Please check your requested on-ice time. In addition please check the weeks below you are interested in. We will do our best to meet your requested times and if there are scheduling conflicts we will contact you.

OPTIONS for ON-ICE and OFF-ICE training

	Tuesdays	Thursdays	
ON – ICE :	<input type="checkbox"/> 3:00pm	<input type="checkbox"/> 3:50pm	<input type="checkbox"/> 4:50pm
OFF – ICE:	<input type="checkbox"/> 3:00pm	<input type="checkbox"/> 4:15pm	<input type="checkbox"/> 6:30pm (Thursdays only)
<input type="checkbox"/> WK 1, March 14 th /16 th	<input type="checkbox"/> WK 2, March 21 st /23 rd	<input type="checkbox"/> WK 3, March 28 th /30 th	
<input type="checkbox"/> WK 4, April 4 th /6 th	<input type="checkbox"/> <u>N/A</u> WK 5, April 11 th /13 th	<input type="checkbox"/> WK 6, April 18 th /20 th	
<input type="checkbox"/> WK 7, April 25 th /27 th	<input type="checkbox"/> WK 8, May 2 nd /4 th	<input type="checkbox"/> WK 9 May 9 th /11 th	
<input type="checkbox"/> WK 10, May 16 th /18 th			

Spring 2017 On-Ice Trainers: Please check the instructor(s) you are requesting for on-ice instruction.

Jennifer Matras, Head skating skills instructor

Doug Raymond, associate skating skills instructor

Josh Coenen, Strength and Conditioning Coach and Massage Therapist

Lesson fees and Package Options:

A.) Pay as you go drop-in rates -

_____ \$ 60/ player/ 60- minute lesson to CES; \$15 to KVIH

B.) Package rates for 60 minute lessons -

_____ 5 wks 1x/wk \$275 to CES; \$75 to KVIH

_____ 9 wks 1x/wk \$465 to CES \$135 to KVIH

Package rates for off ice sessions –

_____ \$12/ player/ session for drop in _____ \$50 /player/ 5 off-ice sessions to CES

_____ \$85 /player/ 9 off-ice sessions to CES _____ \$115/player/ month unlimited off-ice sessions

Reminders:

- Full equipment is mandatory for all on-ice training sessions.
- On-ice lessons are scheduled in 60 minute increments with 4-6 players per 1 instructor. Players will be grouped together based on their age and skill level.
- Additional available ice time during the day of your instruction can be used by the players for individual practice time.
- On-ice lessons are scheduled based on each instructor's availability.
- Off-ice training sessions are scheduled with a maximum of 16 players per session. Training sessions and exercises are modified for each individual player based on his age and training experience to help maximize his on ice performance.
- No refunds on ice fees or lesson fees.

Mail registration and ALL payments to:

Competitive Edge Skating, Inc.

38273 Remington Park

Farmington Hills, Mi 48331

Skater's Name: _____ DOB: _____ Level: _____

Parent/Guardian's Names: _____ Phone: _____

Emergency contact: _____ Email Address: _____

Street Address: _____ City/State: _____ Zip: _____

I, _____, parent/guardian of _____, hereby recognize that participation in the sport of hockey, ice skating, plyometric training, agility training, or weight training can be hazardous, and can result in minor or serious injury, even death. For these reasons, I hereby acknowledge that I understand the risks involved in skating and hockey, and should a medical emergency arise, I grant full authorization for medical treatment to the 911 emergency staff on call. By signing this waiver I also agree that in no way will I hold KVIH, Competitive Edge Skating Inc., Competitive Edge Training, Inc., Jennifer Matras, or any other professional instructor liable for any such injuries should they occur. I have fully read this waiver and I acknowledge a complete understanding of the contents of this waiver. Sign: _____ Date: _____