



Summer 2018 Training Program

Skating

Strength Training

Stick-handling/Shooting

Sports Nutrition

Sports Psychology

Beginning Week of June 18th through Week of August 13th at Kensington Valley Ice House

Summer Hours of Operation

ON-ICE TRAINING

Monday-Friday

7:00am to 1:15pm

STRENGTH AND CONDITIONING TRAINING

Monday-Friday

7:00am to 3:00pm

Please circle the days of the week & check the times you are requesting. We will do our best to meet your requests.

OPTIONS for ON-ICE

DAYS: Mondays
 Tuesdays
 Wednesdays
 Thursdays

ICE TIMES: 7:00am 8:15am
 9:45am 11:00am
 12:15pm

OPTIONS for OFF-ICE Training

DAYS: Mondays
 Tuesdays
 Wednesdays
 Thursdays
 Fridays (9:30am only)

TIMES: 7:00am -8:15am
 8:15am – 9:30am
 9:30am – 10:45am
 11:00am – 12:30pm
 1:30pm – 3:00pm

Session and Dates Offered

8-9 week session: Weeks of June 18th – August 13th
 First, 3-5 week session: Weeks of June 18th – July 16th
 Second, 3-5 week session: Weeks of July 16th – August 13th
****NO TRAINING ON JULY 4th, 5th and 6th, 2018**

Summer 2018 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

Prices for on ice instruction:

60 minutes of instruction one day/week

____ 8-9 weeks, \$595 plus \$150 for ice ____ 3-5 weeks, \$375 plus \$75 for ice

60 minutes of instruction two days/ week

____ 8-9 weeks, \$1100 plus \$300 for ice ____ 3-5 weeks, \$725 plus \$150 for ice

Packages for on-ice lessons and weight training:

60 minutes of instruction and 1 weight training session one day/week

____ 8-9 weeks, \$755 plus \$150 for ice ____ 3-5 weeks, \$485 plus \$75 for ice

60 minutes of instruction and 1 weight training session two days/week

____ 8-9 weeks, \$1420 plus \$300 for ice ____ 3-5 weeks, \$945 plus \$150 for ice

Packages for weight training only:

Weight training session one day/week

____ 8-9 weeks, \$160 ____ 3-5 weeks, \$100

Weight training session two days/week

____ 8-9 weeks, \$320 ____ 3-5 weeks, \$200

Weight training session three days/week

____ 8-9 weeks, \$480 ____ 3-5 weeks, \$300

Please note the following reminders:

- Make payments payable to **Competitive Edge Skating, Inc.** Ice payments make payable to **KVIH.**
- On-ice lessons are scheduled in 60 minute increments with 5 to 8 players per 1 instructor. Players will be grouped together based on their age and skill level. Additional ice time during the day of your instruction is to be used by the players for individual practice time.
- Absolutely no refunds or make up sessions; A \$25 fee will be implemented for any returned or bounced checks.

Mail registration and ALL payments to:

Competitive Edge Skating, Inc.
38273 Remington Park
Farmington Hills, Mi 48331

Skater's Name: _____ Parent/Guardian's Names: _____
DOB: _____ Level: _____ Phone: _____ 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: _____