







Figure Skating Clinic Power, Edge, & Style

For Learn to Skate Levels 3 and Up

Designed for figure skaters who want to build strength and power while learning proper edge technique and skating form which are the foundation for all skating skills, including jumps and spins. Learn different types of steps and strokes to gain speed, stamina, and stability while incorporating style to enhance overall performance.

The clinic will focus on specific exercises:

-  Overall flow
-  Execution of edges
-  Control of extension
-  Clean lines
-  Movement to music
-  Power skating



Tuesday, March 6th

4:45-5:45 PM	Freestyle
5:30-5:45 PM	Off-ice warm up
5:45-6:45 PM	Figure skating clinic

Saturday, March 10th

10:00-11:00 AM	Freestyle
10:45-11:00 AM	Off-ice warm up
11:00-12:00 PM	Figure skating clinic

Costs

\$25.00	Per clinic, per skater
\$5.00	Optional 15-minute warm up class with instructor off ice prior to clinic
\$3.00	Skate rental (paid directly to the Rink Exchange)

Freestyle is a separate charge of \$11 for members / \$15 for non-members. Freestyle skaters who wish to sign up for the off-ice warm up will not receive a refund for missed ice time.

Coach Information

Elaine Pruett:

PSA, USFSA, CER Certified A, Basic Skills.

Lauran Wheelock:

USFSA, Senior Moves in the field, Juvenile Freeskate, Basic Skills.

Registration form on back

Rink Exchange 796 W 13th Ave, Eugene, OR 97402

Questions? Contact Elaine Pruett at (941) 807-1161 or epruett1970@yahoo.com

Clinic Registration Form

Eugene Figure Skating Club is a proud member of



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|--|---------------|-----------------|---------|
| <input type="checkbox"/> Tuesday March 6, 2018 | 5:30-5:45PM | Off ice warm-up | \$5.00 |
| <input type="checkbox"/> Tuesday March 6, 2018 | 5:45-6:45PM | Clinic | \$25.00 |
| <input type="checkbox"/> Saturday March 10, 2018 | 10:45-11:00AM | Off ice warm-up | \$5.00 |
| <input type="checkbox"/> Saturday March 10, 2018 | 11am-12noon | Clinic | \$25.00 |

TOTAL*	\$
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Make checks payable to EFSC.

*Freestyle is a separate charge of \$11 for members / \$15 for non-members. Skate rentals from the Rink Exchange are \$3.00.

FIRST & LAST NAME: _____

CIRCLE: Male / Female

SKATING HISTORY

- NEW student
- RETURNING from past EFSC classes
- NEVER/HARDLY skated
- SOME skating
- SOME lessons elsewhere

SKATING LEVEL: _____

SKATE RENTAL NEEDED: YES / NO

EMAIL ADDRESS The club sends alerts and notifications updates. We respect your privacy and WILL NOT share your email: _____

PARENT/GUARDIAN NAME: _____

HOME/CELL/EMERGENCY CONTACT INFO: _____

SKATER FULL ADDRESS (street/city/state/zip)

Student Participation and Refund Policy: Clinics are meant to be a fun, enjoyable, and cooperative experience for all students in the class. To achieve this, each student should be able and willing to understand and follow instructions and guidance, and to participate in all lessons safely and as a full member of the group. On the rare occasion that a student fails repeatedly to cooperate with an instructor or staff member, or consistently engages in unsafe skating, EFSC may find it necessary to cancel the skater's registration and participation. In such a case, EFSC would refund a pro-rated portion of that skater's tuition.

I also authorize promotional use of participant's visual image and statements for myself and my child.

I understand there are NO refunds for missed clinics.

I AGREE _____ Date _____