

REGISTRATION FORM

Please hand in Registration Form, or mail no later than

Deadline: May 6, 2019

Mail to:

Kelowna SC – Mission Park Post Office

Box 25005

Kelowna, BC

V1W 3Y7

Name: _____

Address: _____

City/Prov _____

Postal Code: _____

Phone #: _____
cell _____

Email: _____

Birthdate ____ D ____ M ____ Y

Age: _____

Parent/Guardian: _____

Non KSC Skaters only:

Coach Name: _____

Coach Email: _____

Competition Level (last Competition): _____

Attention: This registration form is for weeks #1-6 only. A separate schedule and form for week #7 will be available at a later date.

REGISTRATION FORM

PRIMARY/INTERMEDIATE PROGRAM		
Full Package (6wks)	\$506.25	
Weekly Bookings: # of Wks: Weeks X	\$ 93.75	
SENIOR PROGRAM		
Full Package (6wks)	\$708.75	
Weekly Bookings: # of Wks: Weeks X	\$131.25	
HIGH PERFORMANCE B		
Full Package (6wks)	\$911.25	
Weekly Bookings: # of Wks: Weeks X	\$168.75	
HIGH PERFORMANCE A		
Full Package (6wks)	\$911.25	
Weekly Bookings: # of Wks: Weeks X	\$168.75	
Wk #7: Aug 12-16 *Separate Registration Form and Schedule TBD		
Please Check here if you plan to skate this week. *Week 7 skating will be for BC Summer Skate Competitors only.		
	Subtotal	
Less Credits (Credit Receipts-please attach)		
3 Weeks Booked 5% Discount		
KSC Members Only		
4 Weeks Booked 10% Discount		
KSC Members Only		
5 Weeks Booked 15% Discount		
KSC Members Only		
6 Weeks Booked 20% Discount		
KSC Members Only		
	Total:	
✓ Please Check WEEKS ATTENDING		
#1 July	1-5 (Capital News Centre)	
#2 July	8-12 (Capital News Centre)	
#3 July	15-19 (Capital News Centre)	
#4 July	22-26 (Capital News Centre)	
#5 July/Aug	Jul 29 – Aug 2 (Capital News Centre)	
#6 Aug	5-9 Rutland West Arena)	
#7 Aug	12-16 (Rutland West Arena) <i>Separate form</i>	

Liability Agreement:

(Must be signed in order to process registration)

The Kelowna Skating Club and/or their agents, assume no responsibility for accidents, injuries, however caused and the applicant agrees to release the proprietors from all claims or damages arising as a result of such accidents or losses.

Parent/Guardian Signature _____

Date: _____

Office: Amt pd Chq#1 Chq#2 Date

PAYMENT POLICY: Full fees required to accompany this application. KSC Members can submit post-dated cheques for 50% of total, dated July 1/19, plus a post-dated chq for the balance dated no later than August 1/19 will be accepted..

Make Cheques Payable to Kelowna SC.

2019 SUMMER SKATING SCHOOL



Kelowna
SKATING CLUB
CENTRE OF EXCELLENCE

July 1 - August 16, 2019

**Capital News Centre
Rutland Arena**

KELOWNA SKATING CLUB

Email: jasonmongrain@gmail.com



Skate Canada Member

HIGHLIGHTS

SPECIAL FEATURES

- Video Analysis
- On & Off Ice Harnesses
- Off-Ice Training
- Skate Sharpening pick up and drop off service
- Transition & Spin Classes
- Skate Canada StarSkate & Competitive Programs
- Beautiful Resorts & Beaches

COACHING TEAM

Jason Mongrain (Director of Skating)
e-mail: jasonmongrain@gmail.com

Karen Mongrain
Cambria Little
Lolita Hinton
Brittany Krieg
Madison Lyon

ATTENTION Non-KSC Skaters:

Coaching:

It is assumed that registered skaters are also requesting lessons, unless indicated that their Base Coach will be present. Skaters will automatically be placed into the coaching schedule with the coaching team. Skaters will generally receive a private lesson on each freeskate session, as well as group lessons on Spins and Transitions sessions.

If there are budgetary concerns, or questions regarding the coaching team, please contact Jason Mongrain at:
jasonmongrain@gmail.com

Music

Skaters must remit their program music in order to have their music played during the summer school. Please be sure that:

1. Music file is in MP3 format (other formats won't be accepted)
2. File name included first and last name of the skater
3. File name indicates the type of program (short, free, etc.), if skater has more than one
4. File is emailed to: jasonmongrain@gmail.com prior to June 1, 2019.

SCHEDULE

(subject to adjustment)

Weeks #1- #6 : July 1 – Aug 9, 2019

Week #7: Aug 12-16 (separate registration from & schedule)

Weeks #1 - #5 Monday – Friday	Week #6- Rutland Arena Monday – Friday
7:15-7:30am Senior Spin 7:30-8:15am Senior FS Fld 8:30-9:30am HP A FS 9:30-9:45am HP A Sp/Tr Fld 10:00-11:00am HP B FS 11:00-11:15am HP B Sp/Tr 11:15- 12:00nn Senior FS Fld 12:15- 1:15pm HP A FS 1:15- 2:15pm HP B FS 2:15- 3:15pm Pri/Int FS 3:15-3:30pm Pri/Int Sp/Tr	7:30- 8:15am Senior FS 8:15- 9:15am HP A FS 9:15- 9:30am HP A Sp/Tr Fld 9:45-10:45am HP B FS 10:45-11:00am HP B Sp/Tr 11:00-11:45am Senior FS 11:45-12:00pm Senior Sp/Tr Fld 12:15- 1:15pm HP A FS 1:15- 2:15pm HP B FS 2:15- 3:15pm Pri/Int FS 3:15- 3:30pm Pri/Int Sp/Tr
Sp- Spins: Mon/Wed/Fri Tr – Transitions: Tues/Thur	Sp- Spins: Mon/Wed/Fri Tr – Transitions: Tues/Thur
Capital News Centre – Weeks #1 through #5 July1-Aug 2	Rutland West Arena – Weeks #6 & #7 Aug 5-16

*Spins(MWF) and Transitions(TTh) classes will be instructed in small groups and invoiced by coaches separately.

OFF ICE CLASSES

WEEKS #1-#6 (included in fees)-content subject to change

Day	Group	Class
Mon 10:45-11:15am	HP A	Jumps
Mon 12:00-12:30pm	HP B	Jumps
Mon 9:45-10:30am	Senior	Jumps
Mon 1:00- 1:45pm	Pri/Int	Jumps
Tue 10:45-11:15am	HP A	Spins
Tue 12:00-12:30pm	HP B	Spins
Tue 9:45-10:30am	Senior	Spins
Tue 1:00-1:45pm	Pri/Int	Spins
Wed 10:45-11:15am	HP A	Jumps
Wed 12:00-12:30pm	HP B	Jumps
Wed 9:45-10:30am	Senior	Jumps
Wed 1:00-1:45pm	Pri/Int	Jumps
Thur 10:45-11:15am	HP A	Spins
Thur 12:00-12:30pm	HP B	Spins
Thur 9:45-10:30am	Senior	Spins
Thur 1:00-1:45pm	Pri/Int	Spins
Fri 1:30-2:30pm	HP A	Strength/Conditioning
Fri 2:30-3:30pm	HP B	Strength/Conditioning
Fri 9:45-10:30am	Senior	Flexibility
Fri 1:00-1:45pm	Pri/Int	Flexibility

OFF-ICE CLASSES

The summer program includes sport specific off-ice training by experienced instructors. Classes will be offered in Dryland - Pilates, Spin/Balance Training, Flexibility, Dryland Jump Training, and Strength and Conditioning. Content is subject to change.

PACKAGES

SESSION CRITERIA

Primary/Intermediate - Star 1, Star 2, Star 3, Star 4

Senior - Competing Pre-Juvenile, Juvenile , Star 5 through Star 10

High Performance B – Competing Pre-Novice, Novice, Junior, Gold

High Performance A - Competing Junior & Senior. Must consistently land double axel AND at least one triple jump

PRIMARY/INTERMEDIATE SESSIONS	Pkgs	Fees
M - F: Free Skate, Transitions/Spins; Off ice (Transitions/Spins lessons will be invoiced separately by coaches)	6 wk pkg Per week	\$506.25 \$ 93.75
SENIOR SESSIONS	Pkgs	Fees
M - F: Free Skate, Transitions/Spins; Off ice (Transitions/Spins lessons will be invoiced separately by coaches)	6 wk pkg Per week	\$708.75 \$131.25
HIGH PERFORMANCE B SESSIONS	Pkgs	Fees
M - F: Free Skate, Transitions/Spins; Off ice (Transitions/Spins lessons will be invoiced separately by coaches)	6 wk pkg Per week	\$911.25 \$168.75
HIGH PERFORMANCE A SESSIONS	Pkgs	Fees
M - F: Free Skate, Transitions/Spins; Off Ice (Transitions/Spins lessons will be invoiced separately by coaches)	6 wk pkg Per week	\$911.25 \$168.75

PLEASE NOTE:

Weeks #6 & 7 will be in the Rutland West Arena

General Registration Guidelines:

- Applications will be processed on a first-come basis, with priority given to full 6 week bookings and registered by May 6, 2019. All registrations should be received by May 6/19 to ensure space is available on a preferred session.
- Buy on Rate for Non KSC member - \$24/Hr. Must be paid to session supervisor prior to skating.
- 15% premium will be added for variations from the stated packages.
- Skaters may be moved to a different session only at the discretion of the Director of Skating.
- A \$40.00 charge will be applied to NSF cheques. **NO REFUNDS**, except for medical reason. A medical certificate must accompany request.
- Any session may be cancelled or changed if insufficient registration. The Schedule is subject to adjustment, dependent upon enrolment.
- All skaters are required to abide by the Kelowna SC Rules & Policies.
- Skaters are responsible for payment of any other extra outside activities.
- **Week #7** schedule and registration form will be available at a later date. This week of skating will be for BC Summer Skate Competition Competitors only.

FURTHER INFORMATION:

Please contact Jason Mongrain (Director of Skating) at jasonmongrain@gmail.com.

KSC Registration DEADLINE: May 6, 2019

KELOWNA SKATING CLUB 2019 SUMMER SCHEDULE

(subject to adjustment)

Capital News Centre – July 1-Aug 2, 2019 (Wk #1-5)

Rutland Arena – August 5-9, 2019 (Wk #6)

Rutland Arena – August 12-16, 2019 – BC Summer Skate Competitors Only – Separate Registration Form and Schedule

Rvs#1

Monday/Wednesday/Friday	Tuesday/Thursday	Rutland Week #6 – August 5-9 Adjusted Schedule
7:15- 7:30am Senior Spin 7:30- 8:15am Senior Fsk flood 8:30- 9:30am High Performance A Fsk 9:30- 9:45am High Performance A Spin flood 10:00- 11:00am High Performance B Fsk 11:00- 11:15am High Performance B Spin 11:15- 12:00pm Senior Fsk flood 12:15- 1:15pm High Performance A Fsk 1:15- 2:15pm High Performance B Fsk 2:15- 3:15pm Primary/Intermediate Fsk 3:15- 3:30pm Primary/Intermediate Spin 3:30pm Finish	7:15- 7:30am Senior Transitions 7:30- 8:15am Senior Fsk flood 8:30- 9:30am High Performance A Fsk 9:30- 9:45am High Performance A Transitions flood 10:00- 11:00am High Performance B Fsk 11:00- 11:15am High Performance B Transitions 11:15- 12:00pm Senior Fsk flood 12:15- 1:15pm High Performance A Fsk 1:15- 2:15pm High Performance B Fsk 2:15- 3:15pm Primary/Intermediate Fsk 3:15- 3:30pm Primary/Intermediate Transitions flood 3:45- 4:30pm Junior Academy (Wk#1-5) 4:30- 5:15pm Canskate (Wk#1-5) 3:45- 4:15pm Tots (Wk #1-5) 4:15- 4:45pm Tots (Wk #1-5) 4:45- 5:15pm Tots (Wk #1-5)	7:30- 8:15am Senior Fsk 8:15- 9:15am High Performance A Fsk 9:15- 9:30am High Performance A Spin/Trans flood 9:45- 10:45am High Performance B Fsk 10:45- 11:00am High Performance B Spin/Trans 11:00- 11:45am Senior Fsk 11:45- 12:00pm Senior Spin/Trans flood 12:15pm- 1:15pm High Performance A Fsk 1:15pm- 2:15pm High Performance B Fsk 2:15pm- 3:15pm Primary/Intermediate Fsk 3:15pm- 3:30pm Primary/Intermediate Fsk 3:30pm Finish

Off-Ice Classes: Weeks 1-5 Capital News Centre, Week 6 Rutland Arena – off ice content subject to change

Group	Monday	Tuesday	Wednesday	Thursday	Friday
High Performance A	10:45-11:15am - Jumps	10:45-11:15am - Spins	10:45-11:15am - Jumps	10:45-11:15am - Spins	1:30pm-2:30pm Strength/Conditioning
High Performance B	12:00-12:30pm - Jumps	12:00-12:30pm - Spins	12:00-12:30pm - Jumps	12:00-12:30pm - Spins	2:30pm-3:30pm Strength/Conditioning
Senior	9:45-10:30am - Jumps	9:45-10:30am - Spins	9:45-10:30am - Jumps	9:45-10:30am - Spins	9:45-10:30am - Flexibility
Primary/Intermediate	1:00-1:45pm - Jumps	1:00-1:45pm - Spins	1:00-1:45pm - Jumps	1:00-1:45pm - Spins	1:00-1:45pm - Flexibility

SESSION CRITERIA:

Primary/Intermediate: Star 1, Star 2, Star 3, Star 4

Senior: Pre-Juvenile, Juvenile, Star 5 through 10

High Performance B: Competing Junior, Novice, Pre-Novice, Gold

High Performance A: Competing Junior and up and consistently landing double axel and at least one triple jump

Note: At the discretion of the Director of Skating, skaters may be moved to a different session to maintain balance.