



Strength/Conditioning Registration Form

For Fall session 2011, please submit your registration form to Kristina by **FRIDAY, SEPTEMBER 9** – Session runs **TUES. SEPT. 13** – **THURS. NOV. 17**

SKATER'S NAME _____

SKATER'S BIRTHDATE _____

SKATER'S CURRENT TESTS PASSED:

MOVES IN THE FIELD _____

FREESTYLE _____

DANCE _____

IJS TRACK? (Please circle) Yes No

ANY PREVIOUS EXPERIENCE WITH:

STRENGTH/CONDITIONING CLASSES OR PROGRAMS? (Please circle) Yes No

If "yes", please explain:

FITNESS ASSESSMENT TESTING? (% Body Fat, Speed, Agility, Jump, Muscular Strength/Endurance)

Yes No

PARENT/GAURDIAN NAME(S) _____

PARENT/GAURDIAN CONTACT PHONE _____

PARENT/GAURDIAN CONTACT E-MAIL _____

Please indicate preferred class enrollment by checking below:

PERFORMANCE TRAINING – THURSDAYS 4:20-5:20: \$98

Program to start THURSDAY, SEPT. 15 – THURSDAY, NOV. 17

***NO CLASS Sept. 29, Oct. 13**

SKATE STRONG PROGRAM – TUES 3:30-4:30pm & THURS 3:15-4:15pm: \$255

Program to start TUESDAY, SEPT. 13 – THURSDAY, NOV. 17

***NO CLASS Sept. 27, 29 & Oct. 11, 13**

OFF-ICE BRIDGE PROGRAM – TUESDAYS 3:30-4:30, THURSDAYS 4:20-5:20pm: \$225

Program to start TUESDAY, SEPT. 13 – THURSDAY, NOV. 17

***NO CLASS Sept. 27, 29 & Oct. 11, 13**

“Off-ice Bridge Program” is an option for off-ice skaters who are currently between Skate Strong Program and the Performance Training Class (either age or skill-wise). This class allows for skaters to experience 1 training day per week with the more intense/older skaters and 1 training day per week with the Performance Training class (pre/post fitness assessment will be included). Skaters who are signing up for the Off-ice Bridge Program must first be granted permission to register. Spaces will be limited.

Payment must be made at the time of submitting this registration form, unless previous payment arrangements have been made with Kristina; cash or check only, please!

Enrollment fees are non-refundable after initial consultation and assessment.

Please make check out to “Blades in Motion, LLC”

If you have not already completed an assessment, or if you are new to the off-ice program and would like to schedule your fitness assessment/consultation, contact Kristina at (608) 513-0976 or by e-mail at Kristina.hefty@gmail.com.

Registration forms/payment can be mailed to:

**Kristina Hefty
13771 Dorothy Drive
Rogers, MN 55374**

**Thank you for continuing to support your skaters in their quest to
be better, stronger, healthier athletes!**

**RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT
PARENTAL CONSENT**

In consideration of participating (in activities) with Blades in Motion, LLC, I represent that I understand the nature of this activity and that I am qualified, in good health and in proper physical condition to participate in such activity. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the activity. I fully understand that this activity involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the event, the conditions in which the event takes place, or the negligence of the "releasees" named below, and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, cost, and damages I incur as a result of my participation in the activity.

I hereby release, discharge and covenant not to sue Blades in Motion, LLC, its respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the activity takes place, (each considered one of the "RELEASEES" herein) from all liability, claims, demands, losses, or damages, on my account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operations and future agree tat if, despite this release, waiver of liability, and assumption of risk I, or anyone on my behalf, makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the Releasees from any loss, liability, damage, or cost, which any may incur as the result of such claim.

I have read the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

AND I, the minor's parent and/or legal guardian, understand the nature of the above referenced activities and the Minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby Release, discharge, covenant not to sue and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses or damages on the minor's account caused or alleged to have been caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any Releases may incur at the result of any such claim.

I further understand that if I enter the class, I do so at my own risk. I understand that the facility has flooring with uneven/slippy surfaces, and other obstacles that may complicate activity.

Printed name of Parent or Legal Guardian

Signature of Parent or Legal Guardian

Date: _____