



OLYMPICVIEW ARENA

WHERE CHAMPIONS TRAIN

22202 - 70th Ave W

Mountlake Terrace, WA 98043

425-672-9012

www.info@olympicviewarena.com

2010 Summer School Application

Please Print All Information

First Name: _____ **Last Name:** _____ **Birthday:** _____ **Age:** _____
Address: _____ **Home Phone:** _____
City, State, Zip: _____ **Mobile Phone:** _____
Test Level: Basic Skills _____ Free Skate _____ MIF _____ **Email Address:** _____
USFS#: _____ **Home Club:** _____ **Primary Coach:** _____

Accidents while skating may cause injury. In consideration for being permitted to use the rink, or to participate in-group lessons, skaters undertake to assume all risks while taking part in or observing this activity. All patrons and their guests agree to release and waive all claims against Lynnwood Ice Center and Olympicview Arena, its agents, servants, employees and instructors; including any claim for injuries that may be caused by equipment rented from or supplied by Lynnwood Ice Center and Olympicview Arena.

Parent/Guardian if skater is under 18 years of age	Signed: _____ Printed: _____	Date: _____
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Packages and Rates:	Discount Packages Available to Both Group 1 And 2 Skaters
Training Package:	\$165.00 Per Week: Includes: 2 Summer FS Sessions, (1) On and (1) Off-Ice Ice Class per day
Summer Package:	\$135.00 Per Week: Includes: 1 Summer FS Session, (1) On and (1) Off-Ice Ice Class per day
M,W,F - Package	\$ 85.00 Per Week: Includes: 1 Summer FS Session, (1) On and (1) Off-Ice Ice Class per day

Circle you choices below.

Package Choice	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Training Package	(1) 6/21-25	(2) 6/28-7/2	(3) 7/5-9	(4) 7/12-16	(5) 7/19-23	(6) 7/26-30	(7) 8/2-6	(8) 8/9-13
Summer Package	(1) 6/21-25	(2) 6/28-7/2	(3) 7/5-9	(4) 7/12-16	(5) 7/19-23	(6) 7/26-30	(7) 8/2-6	(8) 8/9-13
M,W,F - Package	(1) 6/21-25	(2) 6/28-7/2	(3) 7/5-9	(4) 7/12-16	(5) 7/19-23	(6) 7/26-30	(7) 8/2-6	(8) 8/9-13

Number of weeks: _____ x \$ _____ (Package Price) = Total \$ _____

Additional Classes (see list of classes) On-Ice _____ **Off-ice** _____

Number of Classes _____ x \$10.00 = Total \$ _____

Credit Card & Payment Information: \$ _____ **Checks Payable To:** Olympicview Arena

VISA / MASTER CARD # _____ **Exp. Date:** _____

For Office Use Only Date Received _____ By _____
 Group Level _____

Olympicview Arena Summer School 2010

June 21, 2010 - August 13, 2010

On Ice Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
6:30 - 7:15	Open FS	6:30 - 7:15	Open FS	6:30 - 7:15	Open FS	6:30 - 7:15	Open FS	6:30 - 7:15	Open FS
7:15 - 8:00	Open FS	7:15 - 8:00	Open FS	7:15 - 8:00	Open FS	7:15 - 8:00	Open FS	7:15 - 8:00	Open FS
8:00 - 8:15	CUT	8:00 - 8:15	CUT	8:00 - 8:15	CUT	8:00 - 8:15	CUT	8:00 - 8:15	CUT
8:15 - 9:00	Summer FS (1)	8:15 - 9:00	Summer FS (1)	8:15 - 9:00	Summer FS (1)	8:15 - 9:00	Summer FS (1)	8:15 - 9:00	Summer FS (1)
9:00 - 9:45	Summer FS (1)	9:00 - 9:45	Summer FS (1)	9:00 - 9:45	Summer FS (1)	9:00 - 9:45	Summer FS (1)	9:00 - 9:45	Summer FS (1)
9:45 - 10:15	Group 1 Skills	9:45 - 10:15	Group 1 Edge/Cond	9:45 - 10:15	Group 1 Skills	9:45 - 10:15	Group 1 Edge/Cond	9:45 - 10:15	Group 1 Skills
10:15 - 10:30	CUT	10:15 - 10:30	CUT	10:15 - 10:30	CUT	10:15 - 10:30	CUT	10:15 - 10:30	CUT
10:30 - 11:00	Group 2 Skills	10:30 - 11:00	Group 2 Edge/Cond	10:30 - 11:00	Group 2 Skills	10:30 - 11:00	Group 2 Edge/Cond	10:30 - 11:00	Group 2 Skills
11:00 - 11:45	Summer FS (2)	11:00 - 11:45	Summer FS (2)	11:00 - 11:45	Summer FS (2)	11:00 - 11:45	Summer FS (2)	11:00 - 11:45	Summer FS (2)
11:45 - 12:30	Summer FS (2)	12:30 - 12:45	Summer FS (2)	11:45 - 12:30	Summer FS (2)	12:30 - 12:45	Summer FS (2)	11:45 - 12:30	Summer FS (2)
12:30 - 12:45	CUT	12:30 - 12:45	CUT	12:30 - 12:45	CUT	12:30 - 12:45	CUT	12:30 - 12:45	CUT
12:45 - 1:30	Open FS	12:45 - 1:30	Open FS	12:45 - 1:30	Open FS	12:45 - 1:30	Open / Exhibition	12:45 - 1:30	Open FS
1:30 - 2:15	Open FS	1:30 - 2:15	Bridge Camp/Open	1:30 - 2:15	Open FS	1:30 - 2:15	Bridge Camp/Open	1:30 - 2:15	Open FS
2:15 - 3:15	Open FS	2:15 - 3:15	Bridge Camp/Open	2:15 - 3:15	Open FS	2:15 - 3:15	Bridge Camp/Open	2:15 - 3:15	Open FS
3:15 - 3:30	CUT	3:15 - 3:30	CUT	3:15 - 3:30	CUT	3:15 - 3:30	CUT	3:15 - 3:30	CUT
3:30 - 4:15	Open FS	3:30 - 4:15	Open FS	3:30 - 4:15	Open FS	3:30 - 4:15	Open FS	3:30 - 4:15	Open FS
4:15 - 5:00	Open FS	4:15 - 5:00	Open FS	4:15 - 5:00	Open FS	4:15 - 5:00	Open FS	4:15 - 5:00	Open FS
5:00 - 6:00	Open FS	5:00 - 6:00	Open FS	5:00 - 6:00	Open FS	5:00 - 6:00	Open FS	5:00 - 6:00	Open FS

On-Ice Group Level

Group On-Ice Skills Schedule

		Monday	Tuesday	Wednesday	Thursday	Friday	
Group 1	Must must have passed Juvenile MIF Test or Higher	Group 1	Spins	Edge/Cond	Link / Moves	Edge/Cond	Link / Moves
Group 2	Skaters having passed no higher than Pre-Juv MIF Test	Group 2	Spins	Edge/Cond	Link / Moves	Edge/Cond	Link / Moves
Bridge	Basic Skills Levels 1 - 8 (Skates available)	Bridge		Camp		Camp	

Packages and Rates:	Discount Packages Available to Both Group 1 And 2 Skaters
Training Package:	\$165.00 Per Week. Includes: 10 Summer FS Sessions / 5 Skills classes / 5 Off-ice Classes / Ice and Class Coaching Fees are Included.
Summer Package:	\$135.00 Per Week. Includes: 5 Summer FS Sessions / 5 Skills Classes / 5 Off-Ice Classes / Ice and Class Coaching Fees are Included.
M,W,F - Package	\$ 85.00 Per Week. Includes: 3 Summer FS Sessions / 3 Skills Classes / 3 Off-ice Classes / Ice and Class Coaching Fees included: Offered M, W and F only
Bridge Camp:	\$ 89.00 Per Week. Includes: (2) -30-min. Practice Sessions / (6) -20-min Skills Classes / 2 -20-min Off-ice Classes / Ice and Class Coaching Fees are Included
On-Ice Skills Drop-In Rate:	\$10.00
Off-Ice Class Drop-In Rate:	\$10.00
Adult Drop-In	Adult Skaters may drop-in on any level appropriate session

Group Off-Ice Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	
Group 1 Off-Ice	10:30 - 11:00am	Blue/Conditioning	Pilates	Ballet/Stretch	Yoga	Blue/Conditioning
Group 2 Off-Ice	9:45 - 10:15am	Blue/Conditioning	Ballet/Stretch	Jazz / Lyrical	Yoga	Blue/Conditioning
Bridge Off-Ice	12:45 - 1:15pm		Warm-up/Stretch		Warm-up/Stretch	
Blue - Conditioning						
Emily - Core/Dance/Pilates						
Off Ice classes require a minimum of 5 students or they may be canceled.						

OVA Summer 2010 On and Off Ice Classes

On-Ice Skills Classes

By Level

	Monday	Tuesday	Wednesday	Thursday	Friday	
9:45 - 10:15am	Spins	Edge/Cond	Link/Moves	Edge/Cond	Link/Moves	Group 1
10:30 - 11:00am	Spins	Edge/Cond	Link/Moves	Edge/Cond	Link/Moves	Group 2

Class Description: All classes are taught using level appropriate criteria.

Edge Skaters will focus on correct use of edges, posture, one and two foot turns, changes of edge, bi-lateral movement and general stroking.

Spins A variation of approaches are taught to refine your spin technique to maximize your competitive score while learning a variety of positions, combinations and flying spin options.

Link/Art Explore your creative side by learning to combine linking movements and artistry to gain additional credit in the International Judging System (IJS) and capturing the audiences' attention.

Conditioning The focus is on speed, balance and endurance. It will provide the foundation for producing power using correct edges, creating flow & carriage, and condition the body for all disciplines.

Off-Ice Classes

By Level

	Monday	Tuesday	Wednesday	Thursday	Friday	
10:30 - 11:00am	Blue/Cond.	Pilates	Ballet/Stretch	Yoga	Blue/Cond.	Group 1
9:45 - 10:15am	Blue/Cond.	Ballet	Jazz/Lyrical	Yoga	Blue/Cond.	Group 2

Class Description: All classes are taught using level appropriate criteria.

Blue/Conditioning (See Attachment) Class will consist of midsection/core exercises as well as fast and slow twitch muscle fiber exercises, better known as explosive and endurance training.

Ballet/Stretch (See Attachment) Ballet/Stretch will compliment the work of athletes participating in Strength and Conditioning by offering necessary cross training crucial to skater's development.

Yoga (Mat required) Basic Yoga poses designed to increase flexibility and balance, body alignment and breathing exercises along with meditation techniques all designed to focus the skater's concentration

Jazz/Lyrical (See Attachment) Designed for the group 2 skater to introduce them to different styles of dance to inspire creativity in the early stages of a skater's development.

Pilates (See Attachment) A mat class based on the Romana Kryzanowska style, is a physical fitness system developed by Joseph Pilates to emphasize precision movement, control and form.

Strength and Conditioning Off-Ice Class

Group 1: Must have passed Juv. MIF or higher
Time: Mondays and Fridays from 10:30 am–11:00 am

Group 2: Skaters having passed no higher than Pre-Juv. MIF test
Time: Mondays and Fridays from 9:45 am–10:15 am

Trainer: Shadow Fitness Team Member–Blue Stiley

Curriculum: Skaters will learn the importance of warming up before any physical activity, especially skating, and how to do it correctly to avoid future/potential injury. This class will also emphasize applying skater's new found flexibility and balance, (through stretch, Pilates, and ballet) and apply muscle coordination to remain supple and agile. The rubber band like quality of conditioned muscles will remain flexible through this training!

Class will consist of midsection/core exercises as well as fast and slow twitch muscle fiber exercises, better known as explosive and endurance training. The intensity of the training will vary based on the individual skater's needs.

Different strength moves will be applied during each class because of the maturity of the skater's muscle development. In summary, the classes will drive the skaters to a greater level mentally and physically to prevent injury on and off the ice.

The added bonus is that skaters will also have fun participating and have a smile afterwards!

For more information on Blue Stiley, visit on the web at:
www.shadowfitness.net.

Requirements: Sneakers, socks/stockings

Core – Dance

Ballet/Stretch & Pilates Off-Ice Class

Group 1: **Must have passed Juv. MIF or higher**
Time: Ballet/Stretch Wednesdays from 10:30 am–11:00 am
Pilates Tuesday from 10:30 am–11:00 am

Group 2: **Skaters having passed no higher than Pre-Juv. MIF test**
Time: Ballet/Stretch Tuesday from 9:45 am–10:15 am
Jazz/Lyrical Wednesday from 9:45 am–10:15 am

Trainer: Emily Baquet

Curriculum: **Ballet/Stretch** will compliment the work of athletes participating in Strength and Conditioning by offering necessary cross training crucial to skater’s development. Ballet technique will aid the skater in attaining the essential quality that sets them apart from their competitors. Just as skating is both athletic and artistic, ballet will enhance skater’s positioning on the ice as well as gaining grace, strength, and flexibility. Some aspects of jazz and lyrical dance will be used to further the skater’s ability to perform multiple styles of choreography.

Jazz/Lyrical is designed for the group 2 skater to introduce them to different styles of dance to inspire creativity in the early stages of a skater’s development. The added introduction of Pilates allows the beginning competitive skater to learn the value of controlled breathing and concentration while further developing core muscle groups for stability in spins, air positions, landing jumps and bilateral movement, a key aspect of Moves in the Field and choreography.

Pilates is a mat class based on the Romana Kryzanowska style. **Pilates** is a physical fitness system developed in the early 20th century by Joseph Pilates, a gymnast born in Germany of partly Greek ancestry. He designed this system to rehabilitate returning veterans. Upon his relocation to New York, George Balanchine who is often referred to as the “father of American ballet” began to send his ballerinas to Joseph Pilates for strengthening and rehabilitation if injured. These precision movements emphasizing control and form (hallmarks of accomplished athletes) were created to aid in strengthening, stretching and stabilizing key muscles. In addition, the practice focuses on the principles of center, control, concentration, breath, precision, and flow.

Requirements: Sneakers, socks/stockings