

THE SKATING CLUB OF BOSTON

OFF - ICE STRENGTH & CONDITIONING APPLICATION

SEPTEMBER 4, 2007 THROUGH JUNE 18, 2008
APPLICATION DEADLINE: AUGUST 1, 2007

NAME _____ BIRTHDATE _____
 STREET _____ PHONE _____
 CITY _____ STATE _____ ZIP _____
 PARENT OR GUARDIAN _____ EMERGENCY PHONE _____
 SCOB MEMBER SINCE (month/year) _____ US Figure Skating # _____

All participants are required to have a musculoskeletal screening. The screening fee is \$45.00. An annual or bi-annual re-screening is recommended.

Please **circle** the classes in which you wish to enroll, **sign** the release on the reverse side of this application, and **submit** to The Skating Club of Boston office.

	TUESDAY	THURSDAY	SATURDAY
STRENGTH & CONDITIONING	INDIVIDUAL PROGRAM 2:10 pm to 3:10 pm	INDIVIDUAL PROGRAM 2:10 pm to 3:10 pm	NT to JUV 9:45 pm to 10:45 pm
STRENGTH & CONDITIONING	NT to JUV 4:10 pm to 5:10 pm	NT to JUV 4:10 pm to 5:10 pm	SR to JUV 10:45 am to 11:45 am
STRENGTH & CONDITIONING	INDIVIDUAL PROGRAM 5:10 pm to 6:10 pm	INDIVIDUAL PROGRAM 5:10 pm to 6:10 pm	

*** All walk-on participants must buy a ticket at the front office prior to the start of the class and must have a signed release-of-liability on file.

*** Every effort will be made to accommodate your schedule choices. However, not all classes may be offered, and some consolidation may be needed. If these times are completely incompatible, you are encouraged to suggest an alternative time and we will try to assemble a class. There must be five (5) participants contracted per class. Classes are limited to eight (8) per class.

*** No cancellation of requested Off-Ice Classes can be made after the application deadline. No resale of Off-Ice Classes will be allowed.

Contracted Member Fee: \$16.00 per Class
 Member Walk-On Fee: \$18.00 per Class Non-Member Walk-On Fee: \$20.00 per Class

*** **NO CLASSES:** **SEPTEMBER 13 TO SEPTEMBER 15, 2007** **(BOSTON OPEN)**
 OCTOBER 2 TO OCTOBER 6, 2007 **(NEW ENGLAND REGIONAL CHAMPIONSHIPS)**
 NOVEMBER 22 TO NOVEMBER 24, 2007 **(THANKSGIVING WEEKEND)**
 DECEMBER 25, 2007 TO JANUARY 1, 2008 **(WINTER HOLIDAYS)**
 TO BE ANNOUNCED **(ICE CHIPS & ICE CHIPS DRESS REHEARSAL)**
 MAY 24, 2008 **(MEMORIAL DAY WEEKEND)**

ALL OTHER NECESSARY CANCELLATIONS WILL BE POSTED AND CREDITED ACCORDINGLY.

GENERAL INFORMATION

1. Off-Ice program classes are one (1) hour long, and will be held in the off ice training room.
2. The Off-Ice Committee ("Committee") reserves the right to change any class that is under subscribed, or to make changes in the schedule as needed, including maintenance shutdowns and club activities. Classes may be canceled due to insufficient enrollment or added if there is sufficient demand.
3. The Skating Club of Boston ("Club") trainers and instructors have final authority regarding a participant's eligibility for acceptance to off-ice programs. Walk-ins are only allowed with permission of the Committee and the program instructor. Private or semi-private instruction can be scheduled by the Committee or directly with a Club trainer.
4. Participants are obligated to pay class fees for all contracted off-ice classes, including unattended classes. Exceptions may be made at the discretion of the Committee for prolonged injury or illness, if a request is made in writing to the Committee. Credit for contracted classes not used because of attendance at qualifying competitions will be given to those skaters who give written notice of the specific relevant dates.
5. Applications received after the Application Deadline will be considered after all timely applicants have been assigned a class placement. Applicants will have until the Drop Deadline to request, in writing, changes to their schedule. No applicant will be permitted to drop classes after the Drop Deadline, and will be required to pay for all sessions initially assigned for the full first month of the Session.

CLASS STRUCTURE

All Classes utilize information obtained in screening and in U.S. Figure Skating guidelines (periodization) to structure classes to the specific needs of the sport. Customized programs are available, contact SCoB trainers for more information.

Waiver and Release of Liability

In consideration of being allowed to participate in any skating or related activities at The Skating Club of Boston, the undersigned acknowledges and agrees that:

1. The risk of serious injury from the activities participated in is recognized as significant, although observance of the applicable rules, the use of proper equipment, and personal discipline may reduce such risk, and
2. I therefore knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of myself or others hereinafter defined as "Releasees", and assume full responsibility for my participation; and
3. I willingly agree to comply with the stated and customary terms, conditions and rules for my participation and
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release and hold harmless The Skating Club of Boston, its officers, officials, agents and/or employees, other participants, the Releasees, with respect to any and all injury, disability, death, or loss or damage to person or property suffered by reason of such participation. .

Signature of Applicant (parent or guardian if under age 18):

_____ Date _____

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