

**Pavilion Skating Club of Cleveland Heights, Ohio  
Membership Application and Contract for Ice Time  
2009 Summer Session Begins June 15, 2009**

**PLEASE PRINT**

Skater's Name: \_\_\_\_\_ Parent's Name(s): \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_  
Home No.:(\_\_\_\_) \_\_\_\_\_ WorkNo.:(\_\_\_\_) \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Cell No:(\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_  
Home Club: \_\_\_\_\_ Coach'sName(s): \_\_\_\_\_  
Skater's Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_ USFSA No.: \_\_\_\_\_ Today's Date: \_\_\_\_\_  
Tests Passed: Moves: \_\_\_\_\_ Freeskate: \_\_\_\_\_ Dance: \_\_\_\_\_

**HOME CLUB MEMBERS: for priority of chosen sessions, applications and payments are due by May 1, 2009.**

Priority for contracts: Home Club, Associate, then Out-of-Club skaters. Contracts may be turned in at any time, but will be placed in line as follows: Home club members only will be placed in requested sessions through May 1. Between May 1 and May 10, Associate contracts will be placed in requested sessions in the order they were received, and after May 10, all contracts will be placed in requested sessions as they are received. Please note that contracts are placed in line according to priority placement at the time they are received; postmarks will not be considered. Contracts may be placed under the club office door or mailed to the address below.

**There will be a \$15 change fee per change request after the contract has been submitted.**

¼ Payment is due at the time the contract is submitted, and all outstanding PSC invoices must have been paid.

Three additional quarterly payments will be due on 6/1, 6/22, and 7/13. Reminders will be sent by email, but it is the responsibility of the contractee to be aware of the due dates.

**NO make-up sessions will be offered for missed contract sessions.** Please consider your calendar before contracting.

Walk on fees per hour are \$13 for Home club and associate members and \$15 for out of club skaters. Coupon books can be purchased which include 5 coupons at a \$5 discount over the individual walk on price. Off-ice walk on fees are \$12 for one hour classes and \$8 for 45 minute classes.

Skaters who do not present a coupon or money for a walk on session at the beginning of the session will be asked to sign a chit which will be later billed with a \$2 surcharge over the full walk-on price.

The test level designations for each session refer to freestyle level passed.

Please be sure that we have a current email address as this is our primary method of communication and invoicing.

Ice time will be limited on Monday, July 13, and Friday, August 21 due to PSC test sessions.

***There will be no RETROACTIVE refunds for contracted sessions. Requests for refunds will be considered as of the date the Board receives the written request. All requests for session changes must be submitted on the Change of Session Form and will not be granted on a retroactive basis.***

MAIL TO: Pavilion SC  
1 Monticello Blvd.  
Cleveland Heights, OH 44118

**I agree to abide by the Pavilion Skating Club Constitution and By-Laws which govern all Club activities. I recognize my financial liability for the full season, and, hereby agree to pay all balances due for all the ice time contracted and reserved in my name, or in the name(s) of members of my family, or in the names of those for whom I am named guardian. I understand that accounts not paid up-to-date may result in test and/or competition privileges being revoked.**

Signed: \_\_\_\_\_  
(Skater) (Parent or Guardian if skater is under age 18)

## ON-ICE CLINIC DESCRIPTIONS

Our on-ice clinics are being offered to help our upper level skaters achieve higher components scores focusing on endurance, skating skills, speed and edge quality. Our lower level skaters will benefit from these clinics through increased power and stamina as well as developing good fundamentals.

**POWER CLINIC with LESLIE SHACKELFORD-RINICELLA** – This clinic will focus on building power, helping to build endurance, and will work on speed and agility. A new skill will be introduced and taught each week. We are looking forward to a dynamic and fun clinic.

**POWER AND EDGE – TECHNIQUE with CHIP ROSSBACH** – This is not an endurance clinic. Chip will be discussing and teaching skating exercises defining how to create power and edge quality. Emphasis will be on edge pressure, lean and proper body alignment.

**LEARN TO DANCE with FARIBA KANGA** – This clinic is for skaters who are interested in learning beginning dance steps, technique, and lower level dances. This is a ½ hour clinic held during the dance session.

## OFF-ICE CLINIC DESCRIPTIONS

Off-ice training is an essential part of any skaters' training at every level. Proper warm up and cool down are important to prevent injury. Strength conditioning helps develop the core and upper body strength necessary to achieving rotation and speed. Yoga and Ballet help skaters to develop body awareness and safe training habits for flexibility without injury.

**BALLET with THE CLEVELAND SCHOOL OF DANCE** – This clinic focuses on posture, body awareness, balance, and flexibility. As the skater is working at the barre, he is training his body to maintain correct posture while moving isolated body parts. At the same time, he is developing the ability to apply core strength by engaging the abdominal muscles, thus learning to connect the upper and lower body for strong, powerful movements. Maintaining neutral spine is essential to on-ice elements and ballet technique. The control needed comes from control of the hips through neutral spine. Ballet teaches the skater how to move the pelvis without losing balance or disconnecting the center in footwork sequences, including pirouette turns, jumps and leaps across the floor. With every movement, in either skating or ballet, there is a weight shift from one foot to the other which causes a constant change in the center of balance within the body. Having a good sense of balance is critical to a skater's alignment.

**YOGA with KRIS FONDRAN** – Being a strong skater requires tremendous balance, core stability, flexibility and breath control. All of this can be improved through the practice of yoga. Skaters will be introduced to basic yoga postures and breathing practices that can enhance their skating warm up, cool down and on ice programs.

**CONDITIONING with PREMIER SPORTS CONDITIONING** – The aim of this clinic is to make the skaters more explosive, better balanced, more flexible and functionally strong. Class size is limited to 10 skaters.

**NOTE:** There is not a high and low skating level distinction this year for conditioning, rather, the training in both the 1 hour and in the 45 minutes classes will be essentially the same. However, the 45 minute class will focus on training necessary for those skaters who have a single axel and are working on double jumps. The 1 hour class is for skaters who are working on their double axel and triple jumps – the training in the one hour class assumes the skaters have already developed sufficient core strength and vertical lift to execute clean double jumps up through and including the double lutz. Please consult you coach if you are unsure which class is appropriate.

**BALLET AND FLOOR TECHNIQUE FOR JUNIOR CLUB with BARB FITZGERALD** – Start your skater out right! The Jr. Club Tech class is an important part of a skaters training process. This tech class offers specifically designed skills tailored to train the skater for body alignment, rotation, flexibility, strength, and agility along with the important basics of ballet technique applicable to skating. The skater will learn why and where the floor skills are applied to their skating, thus expediting their level of technical understanding and progress on the ice.

Skater's Name: \_\_\_\_\_

**MONDAYS**

		6/15	6/22	6/29	7/6	7/13	7/20	7/27	8/3	8/10	8/17	# sessions	Total
8:00 - 9:00 am	60 Pre-juvenile and up FS											_____	x \$10 = _____
9:00 - 10:00 am	60 Pre-juvenile and up FS											_____	x \$10 = _____
10:15 - 10:35 am	20 Power clinic - on ice											_____	x \$4 = _____
10:35 - 11:35 am	60 Preliminary and below FS											_____	x \$10 = _____
11:00 - 12:00	High Ballet - off ice											_____	x \$10 = _____
11:50 - 12:50	60 Open											_____	x \$10 = _____
12:50 - 1:50	60 Open											_____	x \$10 = _____
2:05 - 3:05	Dance											_____	x \$10 = _____
3:05 - 4:05	Dance											_____	x \$10 = _____

**TUESDAYS**

		6/16	6/23	6/30	7/7	7/14	7/21	7/28	8/4	8/11	8/18	# sessions	Total
8:00 - 9:00 am	60 Pre-juvenile and up FS											_____	x \$10 = _____
9:00 - 10:00 am	60 Pre-juvenile and up FS											_____	x \$10 = _____
10:15 - 11:00	45 Open											_____	x \$7.50 = _____
11:00 - 12:00	High Conditioning											_____	x \$10 = _____
12:15 - 1:00	Low Conditioning											_____	x \$7.50 = _____
11:00 - 12:00	60 Open											_____	x \$10 = _____
12:15 - 1:15	60 Open											_____	x \$10 = _____
1:15 - 2:15	60 Open											_____	x \$10 = _____

**WEDNESDAY**

		6/17	6/24	7/1	7/8	7/15	7/22	7/29	8/5	8/12	8/19	# sessions	Total
8:00 - 9:00 am	60 Pre-juvenile and up FS											_____	x \$10 = _____
9:00 - 10:00 am	60 Pre-juvenile and up FS											_____	x \$10 = _____
10:15 - 10:35 am	20 Power clinic - on ice											_____	x \$4 = _____
10:35 - 11:35 am	60 Preliminary and below FS											_____	x \$10 = _____
11:00 - 12:00	Yoga - off-ice											_____	x \$10 = _____
11:50 - 12:50	60 Open											_____	x \$10 = _____
12:50 - 1:50	60 Open											_____	x \$10 = _____
2:05 - 3:05	Dance											_____	x \$10 = _____
2:05 - 2:35	Learn to Dance											_____	x \$6 = _____
3:05 - 4:05	Dance											_____	x \$10 = _____
4:30 - 5:15	Jr. Club Floor Technique											_____	x \$7 = _____
5:30 - 6:30	Jr Club on ice											_____	x \$9 = _____

Skater's Name: \_\_\_\_\_

**THURSDAY**

		6/18	6/25	7/2	7/9	7/16	7/23	7/30	8/6	8/13	8/20	
8:00 - 9:00 am	60 Pre-juvenile and up FS											x \$10 = _____
9:00 - 10:00 am	60 Pre-juvenile and up FS											x \$10 = _____
10:15 - 11:00	45 Open											x \$7.50 = _____
11:00 - 12:00	High Conditioning											x \$10 = _____
12:15 - 1:00	Low Conditioning											x \$7.50 = _____
11:00 - 12:00	60 Open											x \$10 = _____
12:15 - 1:15	60 Open											x \$10 = _____
1:15 - 2:15	60 Open											x \$10 = _____
2:30 - 3:30	Dance											x \$10 = _____
3:30 - 4:30	Dance											x \$10 = _____

**FRIDAY**

		6/19	6/26	7/3	7/10	7/17	7/24	7/31	8/7	8/14	8/21	
8:00 - 9:00 am	60 Open											x \$10 = _____
9:00 - 10:00 am	60 Open											x \$10 = _____
10:15 - 11:15	60 Open											x \$10 = _____
11:15 - 11:45	Stroking/Edges clinic											x \$6 = _____
11:45 - 12:30	45 Open											x \$7.50 = _____

Total page 2 \_\_\_\_\_

Total page 1 \_\_\_\_\_

Total page 2 \_\_\_\_\_

Summer Associate fee\* \_\_\_\_\_

\* if you are not currently a home club or associate member, there is a \$35 summer associate fee required to contract. If you decide to contract in the fall, this will be deducted from the full-year fee.

TOTAL \_\_\_\_\_

1/4 of total due with contract \_\_\_\_\_

Three more quarterly payments will be due on 6/1, 6/22 and 7/13. A 10% late fee will be assessed for payments not made by the due date. Email reminders will be sent, but it is the contractee's responsibility to be aware of the due dates.