

Join us for an Introduction to **Synchronized Skating**

Friday, November 10, The Cooler, 5:00 - 7:00 PM
With Coaches Iina Valtonen and Marie Bureau

Synchronized skating is one of the fastest growing disciplines in U.S. Figure Skating with more than 600 teams and 5,000 athletes from basic skills and collegiate to adult. Synchro skaters learn social and sportsmanship skills, develop self-confidence, and continue to build their skating proficiency - all in a cohesive team environment

International coaches and former competitors will provide information about training, competing, college opportunities, and the future as an Olympic sport.

5:00 - 5:45 PM Seminar (Party Room)

5:45 - 6:00 PM Pacific Coast Sectionals Ice Dance exhibition

6:00 - 6:45 PM Exhibition by 3 beginner groups followed by on-ice practice of synchro elements by **ALL**

6:45 - 7:00 PM **CAKE!**

This seminar is open to anyone, but non-club members must sign a release form before taking the ice.

Block



Wheel

Circle



Line



Intersection

Insurance Waiver and Release Form

In consideration of my participation in any U.S. Figure Skating event or program or Basic Skills activity, I acknowledge that I understand the nature of the activity and that I, and/or my minor child, am qualified, in good health, and in proper physical condition to participate in such activity. I acknowledge that if conditions are unsafe, I, and/or my minor child, will immediately discontinue participation in the activity.

I fully understand that skating involves risks of serious bodily injury, including permanent disability, paralysis, and death, and that these and other risks 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 Releases named below; and that there may be other risks either not known to me or not foreseen at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the activity.

I hereby release, discharge, and covenant not to sue the U.S. Figure Skating Association, its Member Clubs, their respective administrators, directors, agents, officers, volunteers, and employees, and any sponsors and advertisers of any -sanctioned event in which I participate (each considered one of the Releases 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 Releases. This release waiver of liability and express assumption of risk agreement does not apply to any liability, claims, demands, losses, or damages arising out of the gross negligence of, or intentional, willful or wanton misconduct of Releases. If I, or anyone on my and/or my minor child's behalf, makes a claim, I agree I will indemnify, defend, save, and hold harmless each of the Releases from any loss, liability, damage, or cost which any may incur as the result of such claim.

I acknowledge that I have read this release, waiver of liability and express assumption of risk agreement and fully understand it. Please enter all participants' names below and have the parent/guardian sign for all minors under the age of 18 years old.

Participant Name

Date

Parent/Legal Guardian Signature

Date