

PARENTAL CONSENT AND INDEMNIFICATION AGREEMENT In consideration of participating in activities, I represent that I understand the nature of figure skating activities ("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 "activity", the conditions in which the "activity" 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, costs, and damages I incur as a result of my participation in the "activity". 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 claims 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 Releasees may incur as the result of any such claim.

PARENT SIGNATURE _____

DATE _____

TEST SESSIONS:

July 25, 2020

August 22, 2020



J.M. McDonald Sports Complex

4292 Fairground Dr.

Cortland, NY 13045

(607)753-8100

www.jmmcomplex.com

J.M. McDonald Sports Complex

For Fitness & Fun, WE are the ONE!

Summer Figure Skating Program!

August 3-7, 2020



Cortland, New York

New York State guidelines will be followed

The J.M. McDonald Sports Complex is thrilled to host a week-long summer skating program in Cortland, NY! We provide a professional staff and a safe and nurturing environment. Levels are divided by skill.

Skaters will receive more than 3 hours per day of supervised Freestyle and Specialty on-ice classes, and more than 2 hours of off-ice instructional classes. Skaters will enjoy skating, making friends, learning new skills, experiencing new techniques, and having tons of fun!

Class, Group, & Private Lessons Stacy and Jeff Petri will direct the program, assisted by guest coaches. Skaters will have a full day of group activities and lessons, but we encourage taking private lessons. These lessons are available during all scheduled freestyle times. Freestyle sessions and classes are divided by level. Private lessons are an additional fee and should be arranged independently with and paid directly to our staff professionals. CFSC & the JM reserves the right to grant skating professionals permission to coach during any session.

What to Bring

- Skates, guards, and extra laces
- Skating apparel
- Sweater, gloves, tights and/or pants
- Music—Bring separate CDs for short, free, & exhibition programs
- Labeled water bottle (no glass)
- LUNCH & Snacks
- Work out clothing
- Good pair of athletic shoes
- Ballet, Jazz, or dance shoes, if available (closed-toed athletic shoes are acceptable)

High Group: (Pre juvenile free skate & up)

Small Groups

8:15 - Drop off
8:25 - Edge class
8:35 - Freestyle
10:30 - Break/snack
10:45 - Off Ice
11:45 - Stretch
12:15 - Lunch
1:00 - Jump class
1:50 - Break/snack
2:25 - Freestyle
3:45 - Stroking
4:00 - Cool down
4:30 - End of day

Low Group: (Preliminary free skate & lower)

Small Groups

9:00 - Drop off
9:15 - Fitness
10:15 - Break/snack
10:40 - Edge class
10:50 - Free skate
12:35 - Lunch
1:25 - Jump class
1:55 - Break
2:10 - Stretch
3:15 - Break
4:00 - Stroking
4:15 - Freestyle
5:15 - End of day

*Specialty on-ice group classes will be taught by different professional staff and specialize in a different aspect to performance every day.

DATES:

August 3-7, 2020

\$325/skater

Name_____

Address_____

Phone_____

Email_____

Home Club_____

Level_____

Last year sold out

Registration deadline is July 29th

PAYMENT:

Cash____

Check____ Check Number_____

Credit/Debit_____

Name on Card_____

Card Number_____

Exp. Date_____ CVC Code_____

***Please make checks payable to:
Cortland Sports Complex, Inc.**

