

# YUKON SPEED SKATE CAMP

**September 23 to 25, 2016**



Whitehorse Rapids Speed Skating Club will once again be hosting Yukon Speed Skating Camp September 23 through 25, 2016. This 3-day camp offers 5 on-ice sessions to skaters of all abilities. Both new and novice skaters, and more-advanced / competitive skaters will progress through and refine individual skating technique and practice tactical racing strategies for the sport of short track speed skating. Off-ice warm-ups and dry-land training instruction will also be part of camp!

Welcome **Debby Fisher** as coach for 2016 Yukon Speed Skating Fall Camp.

| <b>Family Name :</b>                                   |               |                  |                         |  |               |
|--|---------------|------------------|-------------------------|--|---------------|
| <b>Address (with Postal Code) :</b>                    |               |                  |                         |  |               |
| <b>Telephone :</b>                                     |               |                  | <b>Email Address :</b>  |  |               |
| <b>Emergency Contact and phone # During Camp Name:</b> |               |                  |                         |  |               |
| Skater's Name  | Health care # | Birthday (d/m/y) | Age as of June 30, 2016 | Skating Group<br>(1 or 2 - see below in fee section) | 2016 Camp Fee |
|  |               |                  |                         |  |               |
|  |               |                  |                         |  |               |
|  |               |                  |                         |  |               |
| <b>Total Fees</b>                                      |               |                  |                         |  |               |

| Camp Fees |  | Cost            |
|-----------|--|-----------------|
| Group 1   | Recreational – FUNamentals/Learn to Train (FUNd/L2T) | <b>\$100.00</b> |
| Group 2   | Competitive – Train to Train and up (T2T and up)     | <b>\$175.00</b> |

### Waiver

In consideration of acceptance of this registration of my entry, I hereby, for myself, executors, administrators and assigns, waive and release any and all rights and claims for damages I may have against the Whitehorse Rapids Speed Skating Club, Yukon Amateur Speed Skating Association, the City of Whitehorse, their agents, officers or members, for any and all injuries suffered by my child(ren) or myself during the Fall 2016 Yukon Speed Skate Camp in Whitehorse.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Signature of Skater or of Parent / Guardian (for participants under the age of 18)

# Whitehorse Rapids Speed Skating Club

## Fall Camp Schedule

www.shorttrack06.com

All sessions are at CGC

| Group Schedule   | FUNd/L2T                                 | T2T and up                               |
|------------------|--|--|
| Friday Sept 23   | 6:00 pm to 7:00 pm                       | 7:15 pm to 9:00pm                        |
| Saturday Sept 24 | 9:00 am to 10:00am<br>12:15pm to 1:15 pm | 10:15am to 11:45 am<br>1:30pm to 3:00 pm |
| Sunday Sept 25   | 10:45am to 11:45am<br>2:00 pm to 3:00pm  | 9:00am to 10:30 am<br>12:15pm to 1:45pm  |

*\*Note that these are ice times only. Warm ups are encouraged for FUNd/L2T group.*

*\*Warm ups for T2T and up group will take place at least 30 minutes before each ice session.*

*\*Off-ice sessions will be held for T2T and up and will be determined by Friday evening.*

### Ice Schedule

| Friday Sept 23                    | Saturday Sept 24                    | Sunday Sept 25                     |
|-----------------------------------|-------------------------------------|------------------------------------|
| 6:00pm-7:00pm<br>FUNd/L2T<br>1h   | 9:00-10:00pm<br>FUNd/L2T<br>1h      | 9:00-10:30am<br>T2T and up<br>1.5h |
| Flood                             | Flood                               | Flood                              |
| 7:15-9:00pm<br>T2T and up<br>1.5h | 10:15-11:45pm<br>T2T and up<br>1.5h | 10:45am-11:45pm<br>FUNd/L2T<br>1h  |
|                                   | Flood/break                         | Flood/break                        |
|                                   | 12:15-1:15pm<br>FUNd/L2T<br>1h      | 12:15-1:45pm<br>T2T and up<br>1.5h |
|                                   | Flood                               | Flood                              |
|                                   | 1:30-3:00pm<br>T2T and up<br>1.5h   | 2:00-3:00pm<br>FUNd/L2T<br>1h      |