



# “Maximize Your Performance”

## Power Skating / Edge Technique For Hockey Players

**Program Description / Introduction:**

Edge control and power is what distinguishes a skater from an accomplished skater. This 50 minute advanced clinic will focus on proper edge technique that will maximize your speed and quickness using less effort!

We have the expertise of:

**John Michalak (20 years teaching experience )**

Using your edges is a skill to be mastered by all good hockey players.

Two 7 Week Sessions (\$105.00 per session)

Walk On Fee \$20.00

**Program Dates & Times:**

- Session 1: March 4 & 11 (5:50-6:50pm) March 18 - April 15 (4:40-5:40pm)
- Session 2: April 22-June 3 (4:40-5:40pm)

**For More Information:**

[Elisa@SkateAtThePond.com](mailto:Elisa@SkateAtThePond.com) or (440) 543-3884

## “Maximize Your Performance Registration”

\_\_\_\_\_  
NAME

\_\_\_\_\_  
DATE OF BIRTH

\_\_\_\_\_  
STREET ADDRESS

\_\_\_\_\_  
CITY

\_\_\_\_\_  
STATE/ ZIP

\_\_\_\_\_  
DAYTIME PHONE

\_\_\_\_\_  
EVENING PHONE

\_\_\_\_\_  
HOCKEY OR FIGURE SKATING LEVEL

\_\_\_\_\_  
EMAIL ADDRESS

Checks made payable to **The Pond: Mail to The Pond, 9999 E. Washington St., Auburn Twp., OH 44023**

VISA or MC# \_\_\_\_\_ exp. \_\_\_\_\_ Amount Paid \$ \_\_\_\_\_

In consideration of being allowed to participate in any skating/sports programs and related events at The Pond, the undersigned acknowledges, appreciates and agrees that: The risk of injury from the activities involved in these programs is significant, including the potential for permanent paralysis and death, and while particular rules, equipment and personal discipline may reduce the risk, the risk of serious injury does exist. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releases (as defined below) or others, and assume full responsibility for my participation. I willingly agree to comply with any rules and regulations of the facility. If, however, I observe any unusual significant hazard in participation, I will bring such hazard to the attention of the earnest official immediately. I, for myself, and on behalf of my heirs, assigns, personal representatives and next-of-kin, hereby release and hold harmless The Pond and their managers, officers, employees and advertisers (collectively “releases”), with respect to any and all injury, disability, death or loss or damage to person or property, whether arising from the negligence of the releases or otherwise. I have read the release of liability and assumption of risk agreement, fully understand its terms and understand that I have given up substantial rights by signing it freely and voluntarily without any inducement.

\_\_\_\_\_  
PARTICIPANT'S SIGNATURE      \_\_\_\_\_  
DATE