



Every great dream begins with a dreamer. Always remember, you have the strength, the patience, and the passion to reach for the stars and change the world. - Harriet Tubman

**SHAKER FIGURE SKATING CLUB
3301 WARRENSVILLE CENTER ROAD
SHAKER HEIGHTS OH 44122**

JULY 2010

Dear Shaker FSC Members,

Welcome to the 2010-2011 figure skating season! This is another exciting year to be involved with Shaker FSC as we will be hosting both the 2011 Ohio High School Team Championship in February and the 2011 Cleveland Invitational Championships in March. .

This year, Shaker FSC will celebrate its 40th anniversary as a not-for-profit club formed to provide opportunities for our members to pursue the sport of figure skating. We are a 100% volunteer-run organization; we **are not** affiliated in any way with the City of Shaker Heights and we need your help. Please consider giving your time and sharing your talents as a monitor, fundraiser, testing assistant, helping organize and staff our two championship competitions, and/ or helping with general programming. In short, we need you to help make our club a success.

Don't hesitate to contact any member of the Board or our Committee Chairs with any questions that you may have about figure skating.

Exciting Plans/News for this 2010/2011 season -

NEW - Power, Stroking, and Edge Clinic II. The PSE II clinic focuses on increasing your skater's power and improving edge quality, steps, turns, and continuous flow. The overall goal of this program is to improve your skater's skating skills, transitions, and footwork. This clinic is for skaters who have passed their Pre-Juvenile Moves through Senior Moves tests, or by instructor permission. It will meet on Wednesdays from 7:00 to 7:30 pm.

Holiday Show - Save the Date. Our annual Holiday show will be held on Saturday, December 11th from 4:45 to 6:45 p.m. Sign up and other details will be located on our bulletin board at Thornton and also will be announced through our web site and via email. We are holding this on the same date as the Chuck Rossbach LTS competition in order to have an event filled day at Thornton Park!

Club Jackets. The Club redesigned our club jackets last year and we will be selling them again this fall. They are great jacket with a microsatina fabric and microfiber lining. Warm enough for all of the ice rinks you visit with competitions. The Club is using Jammin' Sportwear to produce the jackets. They sport our logo on the back of the jacket and also on the left chest. Watch for more details or email rlpaleylaw@wowway.com. Due to the price of the jackets - this is NOT a Club fundraiser.

2011 Ohio High School Team Championship. Shaker - Thornton Park is hosting this terrific event in 2011 for the third year in a row. The dates are **Saturday and Sunday, February 12-13, 2011**. Be sure to mark your calendars as many of our skaters are participants and if not participating with their school - we need you in the stands cheering all the teams on!

2011 Cleveland Invitational Championship. Shaker FSC will be hosting this exciting event **March 18-20th**. Be sure to mark your calendars!

Test Sessions. The first test session of the Fall contract will be scheduled in October. For more information, check our web site under testing or contact our test chairman, Carla Cegielski at shakerice@gmail.com.

Used Dress and Equipment Sale. Our sale will take place this fall – it is a great time to pick up extra practice dresses, maybe find the perfect competition dress or find a great costume for Halloween or dress up parties.

Finally, I want to begin this 2010-2011 year by acknowledging our ten graduating senior class members – Jenny Cardellini (Laurel), Catherine Carulas (Hathaway Brown), Amelia Cegielski (Perry HS), Alex Fusco (Shaker Heights HS), Rachel Novick (Laurel), Greta Riebe (Laurel), Abby Rosenblum (Laurel), Michael Rutana (Kenston), Megan Sulc (Kenston), and Stephanie Wong (Hathaway Brown). Congratulations Seniors and enjoy your Senior year!

If you have any questions, concerns, comments please contact me or anyone on the Board or our Club Administrator Jodie Herbst at sfsciceadmin@gmail.com. My email address is skennedyka@aol.com. For you reference attached is a list of our Board members, administrator, committee chairs and their contact information.

Happy Skating,

Susan Kennedy-Kalafatis

Fall/Winter Contract Details:

Attached is the Fall/Winter ice contract. Our Fall ice begins on **Monday, August 23, 2010**. Priority for skating sessions goes by seniority but you must have your contract postmarked by the deadline of **August 14, 2010** to maintain your priority.

Jodie Herbst is our Club Administrator. Please mail your contracts to her as soon as possible.

The Board of Shaker FSC realizes that all of you have a choice of activities for your skaters and other family members and you also have a choice of where to skate. We appreciate your loyalty to Shaker and believe that our 2010-2011 offerings will be rewarded by your continued loyalty to our Club.

It is critical to the financial well-being of the Club that we have a strong contract base. This will ensure that we continue to have a financially healthy Club. The Board strongly encourages you to consider contracting your ice at Thornton Park.

Here are some things you should keep in mind when contracting for ice at Thornton Park:

1. **Make up policy** - We have the most liberal make up policy of any Club in the area. If you miss a session, you will receive "make up" credit which you can use on any other session (assuming space availability and you are skating at the appropriate level) during the contract period.

2. **Punch cards** - We have very popular punch cards – 10 punches for \$65. This punch card allows you to walk on for ½ hour increments during sessions (once again assuming space availability and appropriate level). These punch cards are good for the skating contract in which they are purchased and for the following two skating contracts. The cost of ice with the use of the punch card is slightly more than contracting for the ice. You can use a combination of punch card, make up time and check to pay for sessions. We want to be flexible to accommodate our members.

3. **Ice times and offerings** – We have ice Monday through Friday mornings – 6 a.m. to 8 a.m. We have afternoon/evening ice Monday, Wednesday, Thursday, Friday and Saturday. We offer one clinic geared to our newer, junior club skaters on Friday at 4:45 for 30 minutes, and a clinic geared to our more experienced skater on Wednesday at 7:00 pm for 30 minutes. We will be offering ballet on Saturdays.

4. **Monitors** - The smooth functioning of ice time depends on volunteers to handle monitoring duties. Please consider signing up for a session – it is fun and it will truly help the Club. If you do not think you can commit to a session full time but could do part-time monitoring – let us know too. Please indicate the sessions you can monitor by contacting Rochelle Paley at rlpaleylaw@wowway.com. For the afternoon/evening and Saturday morning sessions you will receive ½ credit. For the mornings, you will receive ¼ credit. If you have additional questions, please ask a Board member.

New and No-Test Members: Please keep in mind that if your skater has not taken any USFS tests (pre preliminary moves is the first test), they are designated Jr. Club and must be observed in order to skate on sessions not designated as Jr. Club only. Please contact Susan Kennedy-Kalafatis or Emily Davidson at eod@wowway.com for further information.

2010-2011 Board of Trustees

Position	Name	Phone #	Email
President	Susan Kennedy-Kalafatis	216-752-6643	skennedyka@aol.com
Vice President	Rochelle Paley	216-751-9529	rlpaleylaw@wowway.com
Secretary	Kendra Wood	216-295-2154	sfscsecretary@aol.com
Treasurer	Donna Davis	440-519-1355	M2BZ73@yahoo.com
Trustee	Jamie Hebert	216-491-8845	jehebert@hotmail.com
Trustee	Lois Rosenblum	216-991-7615	lmr0527@gmail.com
Trustee	Nancy Schachtel	216-767-0035	castlefamily@sbcglobal.net
Trustee	Laura Wheeler	216-321-9559	lhwdzn@aol.com
Trustee	Angie Chapple-Wang	216-291-4341	angchap34@hotmail.com
Trustee	Jane Manno	440-318-1181	themannoco@aol.com
Trustee	Roberta Roth	216-765-0334	allenroth@msn.com
Emeritus Trustee	Shirley Wolf	216-932-1133	N/A

Club Administrators and Committee Chairs

Position	Name	Phone #	Email
Ice Administrator	Jodie Herbst	216-751-9019	sfsciceadmin@gmail.com
Membership	Emily Davidson	216-295-2020	eod@wowway.com
Observations	Emily Davidson	216-295-2020	eod@wowway.com
Test Chair	Carla Cegielski		shakerice@gmail.com
Monitor Assignments	Rochelle Paley	216-751-9529	rlpaleylaw@wowway.com
Webmaster	Angie Chapple-Wang	216-291 4341	angchap34@hotmail.com
Used Dress/Equip. Sale	Kendra Wood	216-295- 2154	sfscsecretary@aol.com
	Emily Davidson	216-295-2020	eod@wowway.com
Holiday Show	Laura Wheeler	216-321-9559	lhwdzn@aol.com
Club Jackets	Rochelle Paley	216-751-9529	rlpaleylaw@wowway.com
OHHS Comp	Kendra Wood	216-295-2154	sfscsecretary@aol.com
	Emily Davidson	216-295-2020	eod@wowway.com
Pro Communications	Rochelle Paley	216-751-9529	rlpaleylaw@wowway.com
Public Relations	Lois Rosenblum	216-291-4341	lmr0527@gmail.com
CIC's	Jane Manno	440-318-1181	themannoco@aol.com
	Susan Kennedy-Kalafatis	216-752-6643	skennedyka@aol.com

Shaker Figure Skating Club
2010/2011 Fall Contract Checklist

Mail the following items to:

Jodie Herbst
19010 Shaker Blvd
Shaker Heights, OH 44122

- ___ 2 page contract completed and signed
- ___ check made payable to **Shaker Figure Skating Club**
- ___ completed and signed jump harness release form (if desired)
- ___ completed volunteer form

Be sure to:

- ___ review the policy guidelines for important information, including sessions excluded from the contract
- ___ review ice etiquette and safety guidelines with your skater
- ___ email Rochelle Paley rlpaleylaw@wowway.com if you are interested in monitoring.

Contracts must be postmarked by Saturday, August 14, 2010 to maintain your priority.

Shaker Figure Skating Club
2010/2011 Fall Contract
August 23, 2010 – March 5, 2011

PLEASE PRINT

Skater Name _____ USFS Number _____

Address _____

City _____ State _____ Zip _____

Parent Name _____ Parent Email _____

Phone _____ (home) _____ (work) _____ (cell)

Skater's Age _____ Birth Date _____ Home Club _____

Membership is required to contract ice. See separate membership application.

Highest Test Passed: Moves _____ Freestyle _____

Moves Coach _____ Freestyle Coach _____

I agree to abide by the Shaker Figure Skating Club Constitution and Bylaws governing all club activities. (Parents and/or guardians are governed by the same rules of conduct and club bylaws as their minor child or children). *I recognize my financial liability for the full Fall/Winter Session and hereby agree to pay all balances due for the ice time contracted for and reserved in my name, or in the name(s) of members of my family, or in the name(s) of those for whom I am guardian. I understand that accounts not paid up to date will result in a loss of ice privileges and test and/or competition privileges.* If I have any questions, I will contact the Club Administrator, Jodie Herbst at sfsciceadmin@gmail.com.

Skater Signature

Parent /Guardian Signature
(if Skater is under 18)

If you are interested in monitoring, please email Rochelle Paley at rlpaleylaw@wowway.com. Include up to 3 session choices in order of priority.

Mail to:

Jodie Herbst
19010 Shaker Blvd.
Shaker Heights, OH 44122

Receipt date for contracts is determined by U.S. Postal Service postmark. Contracts without a postmark on or before August 14, 2010 will be processed last.

Contracts must be postmarked by Saturday, August 14, 2010 to maintain your priority.

On-Ice Clinics



New this year, the club will offer 2 levels of the power, stroking and edge clinic. Both clinics meet for 30 minutes for 24 weeks. The 30-minute clinic is priced as one hour of ice since there is an instructor. Make-up time and punch card use will follow the same pricing (i.e., 1 hour of make-up will be credited for missed clinics and 1 hour of punch card time or make-up time will be charged for skaters walking on to the clinic).

Power, Stroking, and Edge Clinic I (PSE I)

Fridays 4:45 - 5:15 pm

Prerequisite: *None*

This program is designed for the skater who has not yet taken his/her Pre-Juvenile Moves test. The clinic focuses on learning stroking technique, developing power, and improving edge quality. Skaters may beneficially repeat the clinic until they pass the Pre-Juvenile Moves test.

This clinic is a great way for your skater to get comfortable on a session with other skaters. In addition to learning techniques, skaters learn how to become aware of other skaters on the ice, how to work together in a group, and general ice etiquette.

The clinic is followed each week by a one hour a junior club/open session. Skaters are encouraged to also contract this session to practice what they have just learned in the clinic. For those skaters who do not want to contract for the entire session, SFSC offers punchcards. The \$65 card is good for 10 30-minute sessions. To purchase a card, see the ice monitor.

Instructor: *Daria Classen*. Daria is a PSA master-rated professional in freestyle and choreography. She is a double gold medalist and prior to her coaching career she toured as a Principal skater with *Ice Follies*. In addition to her many years of coaching experience, Daria specializes in off-ice training for skaters.

Power, Stroking, and Edge Clinic II (PSE II)

Wednesdays 7:00 - 7:30 pm

Prerequisite: *Pre-Juvenile Moves test or instructor permission*

This program is geared to the club's Pre-Juvenile Moves skaters up to Senior-Level freestyle skaters. The PSE II clinic focuses on increasing your skater's power and improving edge quality, steps, turns, and continuous flow. The overall goal of this program is to improve your skater's skating skills, transitions, and footwork.

The PE Clinic II immediately follows the Wednesday 5:45 pm- 7:00 pm open session. Skaters may want to contract this session as well. For skaters who do not want to contract for the entire session, punch cards may be used.

Instructors: *Daria Classen* (see description above), *Sherry Marvin*, and *Leslie Shackelford-Rinicella*. Two or more instructors will be on the ice during each clinic session to provide instruction to clinic enrollees. *Sherry Marvin* is an ISU and USFS double Gold medalist in free skating and figures. She has coached National level competitors and is a former National competitor herself. She has 32 years of experience specializing in free skating and MIF. *Leslie Schackelford-Rinicella* is a PSA-master-rated professional in freestyle and MIF. She is a USFS gold medalist in figures, freestyle, and dance.

Ballet Classes



Intro to Dance (Ballet I)

Saturdays 11:00 – 11:45 am

Prerequisite: *None*

This class offers the basics of ballet as a foundation to all other forms of dance. Emphasis will be on alignment, strength, flexibility and extension. This is an excellent class to get your young skater on the path to artistry on the ice.

Instructor: *Jennifer Martino*. Jennifer has 30 years of dance experience. She has been teaching skating for 11 years and dance for 15 years. She graduated from the University of Akron with a B.F.A. in dance and choreography. She has performed and studied with professional dance companies in Ohio and New York.

Dance and Beyond (Ballet II)

Saturdays 10:00 – 10:45 am

Prerequisite: *Juvenile Freeski test or observation by the instructor. Students must exhibit knowledge of ballet terminology and the ability to sequence correctly.*

This class is for skaters with dance experience. We will be combining ballet, yoga and Pilates to strengthen, lengthen, and help further develop artistry on the ice.

Instructor: *Daria Classen*. Daria is a PSA master-rated professional in freestyle and choreography. She is a double gold medalist and prior to her coaching career she toured as a Principal skater with *Ice Follies*. In addition to her many years of coaching experience, Daria is certified in both yoga and Pilates, and has taught ballet for over twenty years.

We reserve the right to combine the classes depending on the number of students

What is ballet? Why is it important to figure skating?

Ballet is a discipline that helps figure skaters in several ways...

- **To become elegant, the skater has to learn how to control his/her body with confidence**
- **A skater cannot move their legs with the wrong distribution of weight and cannot move their arms with the wrong posture of the upper body (chest, shoulders, ribs)**
- **The control of the *core* is fundamental for the greatest control of the body during jumps, spins, and transitions**
- **With IJS, the skater must be precise and learn how to finish every movement**

Importance of ballet in figure skating...

- **Posture – feet, legs, hips, ribs and chest, arms, head and all related muscles**
- **Alignment – on 1 foot and 2 feet**
- **Transfer of Weight – from one foot to the other (starting from a temps-lié to a grand jump)**
- **Alignment in a Balance – on 2 feet and on 1 foot**
- **Flexibility – legs and upper body**
- **Elevation – developed by the joints of the toes, ankles and knees during the jump**
- **Control – of the posture during small and big jumps (relevés, temps-leves, sisonne, grand jetés)**
- **Rotation – pirouettes, diagonal of chaines, piquets singles and doubles**
- **Coordination**
- **Rhythm**
- **Musicality**

SHAKER FIGURE SKATING CLUB
POLICY GUIDELINES FOR THE 2010/2011 CONTRACT

August 23, 2010 – March 5, 2011

PLEASE KEEP FOR FUTURE REFERENCE

Coaches

- ◆ All skating professionals coaching your skater on Shaker Figure Skating Club ice must have a current contract approved with the Club. Only skaters in the PSE Clinic are allowed to participate without having chosen a skating professional.

Contracts

- ◆ Contracts must be registered or postmarked ***by Saturday, August 14, 2010*** to maintain your priority. This priority is based on years of seniority in the Club and is used for all Club activities.
 - 1st priority - Home Club members in good standing
 - 2nd priority - Associate Club members in good standing
 - 3rd priority - All Others
- ◆ Be sure to fill out your contract completely. Incomplete contracts will be returned to you unprocessed and you may lose your priority.
- ◆ Contract changes will be allowed through Monday, September 6, 2009. After this date, there will be a \$20.00 charge to make any changes. To keep the disruption of schedule changes to a minimum, consult your skating professional before sending in your contract.

Contract Changes

- ◆ The contract prices reflect the following changes:

Saturday, October 2	No Ballet I class.
Wednesday, October 13	No PSE II clinic. The session (7:00 to 7:30) will convert to an Open session. As this is not included in the contract price, skaters will need to pay (walk-on, punch card, or make-up time) to skate.
Wednesday, November 24	No PSE II clinic. The session will convert to an Open session, as above.
Thursday, November 25	No ice due to Thanksgiving
Friday, November 26	No PSE I clinic. The session will convert to an Open session, as above.
Saturday, November 27	No Ballet II class.
Saturday, December 11	No morning ice or ballet. Holiday show will be 4:45-6:45pm.
Wednesday, December 15	No afternoon/evening ice due to hockey. Morning ice as scheduled.
Thursday, December 16	No afternoon/evening ice due to hockey. Morning ice as scheduled.
Friday, December 17	No afternoon/evening ice due to hockey. Morning ice as scheduled.
Saturday, December 18	No ice or ballet due to hockey.
December 20 – Jan. 1	Winter Break. No ice, ballet, or clinics. Ice resumes on Jan 3.
Saturday, February 12	No ice or ballet due to HS Competition.
Friday, February 18	No clinic or evening ice due to hockey. Morning ice as scheduled.
Saturday, February 19	No ice or ballet due to hockey.

Delinquent Accounts

- ◆ Ice bills are due on October 1, 2010, November 15, 2010; and January 15, 2011. Delinquent accounts may be assessed a \$25.00 late fee. If you need to make alternate payment arrangements, please contact the Ice Administrator, Jodie Herbst, sfsciceadmin@gmail.com. Delinquent accounts may result in a loss of ice privileges, competition privileges, and/or testing. All fees for NSF checks will be charged back to the skaters account.

Dress Code

- ◆ All skaters and pros (during on-ice and off-ice activities) must adhere to the following criteria (no exceptions): dress attire must be safe for skating or related activity, attire must allow for freedom of movement and allow your pro to observe proper lines and posture, no sports bra style tops. Females: skating dresses, unitards, pants or shorts, tops, and tights. Males: must wear long pants and top (no bare chest).

Long-term Illness

- ◆ Any illness or injury which precludes skating requires a letter from a non-family medical authority. This letter must be received within two weeks of the onset by the Club Administrator and is subject to review by the Board prior to a refund. Long term is the loss of any ice time longer than two-week duration.

Make Up Policy

- ◆ Skaters who contract ice will be allowed to make up missed sessions. Attendance will be taken by monitors and a record will be kept in the monitor book. Partial credit will not be given – a skater must have been absent for the entire session to be counted for make up. Missed sessions will be banked in minutes.
- ◆ To make up a missed session, there must be room to walk on to the session and the skater must be the correct level for the session.
- ◆ Make ups may not be used for off-ice classes, i.e. ballet.

Monitors

- ◆ The Club is looking for monitors for all sessions. The monitor is responsible for playing music, taking attendance, and collecting walk-on fees. To request a monitor position, email your desired sessions to Rochelle Paley, rlpaleylaw@wowway.com. For a more complete description of the monitor's responsibilities, contact Rochelle Paley or one of the other Executive Board members – Susan Kennedy-Kalafatis, Donna Davis, or Kendra Wood.
- ◆ Afternoon, evening and Saturday monitors receive 50% credit of the contract price. Morning monitors receive 25% credit, applied to a maximum of one hour of ice time. (Although the morning sessions are 2 hours, monitors can only receive credit equivalent to one hour of monitoring.)
- ◆ Credits for monitoring are posted to the skater's account and can be used no later than the following contract period. Under no circumstances will the Club reimburse in cash. A monitor's responsibilities must be fulfilled to the Board's satisfaction. If you are unable to be at a session, it is your responsibility to find a substitute from the list of monitors available to substitute compiled at the beginning of each contract.
- ◆ Please consider monitoring a session. Although monitoring involves responsibilities, we hope you will sign up to monitor a session. Monitoring is an important service to the Club and your willingness to monitor is a way to strengthen our Club through volunteerism. The club cannot function without volunteers and this is an area we need members to help out. If you feel you cannot commit to an entire session of monitoring, please indicate that to Rochelle Paley and we will try to work out a schedule for you.

New Skaters and Open Sessions

- ◆ Any skater who has not yet passed pre-preliminary moves or USFS Basic Skills Free Skate Level 5 must be observed by the SFSC Member/Safety committee and receive approval before they may contract or walk on to an Open Session. Contact Emily Davidson, eod@wowway.com, to schedule an observation.

On-ice Clinics

- ◆ Clinics may be changed to freestyle sessions in the event of low enrollment. The decision to change sessions will be determined after the two week period allowed for schedule changes. If clinics are cancelled, those signed up will be notified by the ice administrator and allowed to make changes to their schedule without penalty.

Payments

- ◆ Send ice payments to Jodie Herbst, 19010 Shaker Blvd., Shaker Heights, OH 44122
- ◆ **Make checks payable to: Shaker Figure Skating Club.**

Punch Cards

- ◆ Punch cards with ten 30-minute punches are available from the monitor for \$65 for club members and \$70 for non-members. Payment must be made by check or money order – **cash is not accepted**. Any fees for returned checks will be charged to the skater. Home club members may charge the punch card to their account for a \$5.00 billing fee.
- ◆ *Lost or misplaced punch cards will not be replaced.*

Testing

- ◆ The first test session will be in October. The dates are still being determined. They will be posted on the Club's website (www.shakerfsc.org) once they are available.

Walk-on Fees

- ◆ Walk-on fees are \$14 per hour for home club and associate members and \$15 per hour for non-club skaters. Fees must be paid at the time of walk-on. Payment must be made by check or money order – **cash is not accepted**. Any fees for returned checks will be charged to the skater. Home club members may charge the session to their account for a \$2.00 billing fee per session.

SHAKER FIGURE SKATING CLUB

Note: Both Sections must be Completed & Signed or Jump Harness Usage Will Be Denied

CONSENT FOR USE OF JUMP HARNESS

PLEASE PRINT

		<u>Consent to use</u>	Yes	No
Skater's Name	_____	On-ice jump harness	<input type="checkbox"/>	<input type="checkbox"/>
Address	_____	Pole harness	<input type="checkbox"/>	<input type="checkbox"/>
City	_____	Phone	_____	Off-ice jump harness
			<input type="checkbox"/>	<input type="checkbox"/>

I CONSENT TO THE USE OF A JUMP HARNESS IN THE TEACHING OF MY CHILD'S ICE SKATING ROUTINES. I understand that: a belt will be attached to the waist of my child in order to enable a skating instructor to lift the child three to five feet off the ice surface; that the child is pulled along and then lifted during the jump; and, that the rope and pulley, which are part of the apparatus, are attached to a wire that is stretched over the ice surface. I understand that with the pole harness, the same above conditions apply *except* that the belt, rope and pulley are attached to a pole held and controlled by my child's skating instructor. I understand that the off-ice jump harness uses the same belt, rope and pulley system as the on ice jump harness with the floor surface covered by a gymnastics mat.

_____	_____
Parent/Guardian Signature	Date

RELEASE, WAIVER OF LIABILITY AND EXPRESS ASSUMPTION OF RISK AGREEMENT FOR USE OF JUMP HARNESS

In consideration of my participation in any Shaker Figure Skating Club program or activity which involves any and all use of Jump Harnesses, 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 Releasees names 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 Shaker Figure Skating Club, it's officers, Board of Trustees, members, volunteers and agents, and any sponsors and advertisers of any Shaker Figure Skating Club event in which I participate (each considered one of the Releasees 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 Releasees. 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 Releasees. If I, or anyone on my and/or my minor child's behalf, makes a claim which does not arise from the gross negligence of, or intentional, willful or wanton misconduct of Releasees against any of the Releasees, I will indemnify, defend, save, and hold harmless each of the Releasees 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. I also acknowledge understanding that this waiver only pertains to equipment owned and maintained by the Shaker Figure Skating Club.

SIGNATURE OF PARTICIPANT (only if age 18 or over)	SIGNATURE OF PARENT/LEGAL GUARDIAN (if participant is <u>under</u> age 18)
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_____	_____
DATE SIGNED	

SHAKER FSC ICE ETIQUETTE AND SAFETY GUIDELINES

Courtesy

First and foremost is courtesy – both on and off the ice. On the ice it is essential to respect the rights of other skaters and be constantly aware of who is around you. If you seem to be surrounded by skaters of significantly greater or lesser skills, be especially careful! Strive to avoid on ice collisions! Off ice – courtesy is expected amongst all of our skaters and professionals.

“In Program” and “In Lesson” Get Priority

The skater who is “in program” (who’s music is playing) has the right of way at all times, and other skaters are expected to give them free maneuvering room. That skater will be wearing a bright colored vest. Second in priority are those skaters who are currently in lessons with their pro. Always yield to these skaters as well. Skaters in lesson must be mindful of the skater in program.

Lutz Corners

Because of the nature of the Lutz jump, it is most commonly performed in the 10:00 and 4:00 corners of the rink (unless there are clockwise jumpers). These corners are informally called “Lutz corners”, and can usually be identified by the unusually large concentration of divots in the ice. At Thornton, they are the corner by the Zamboni door and the diagonal corner. Strive to avoid long-term practice activities in these corners, and try to be especially aware of your surroundings when you are in them. Remember that the approach to a Lutz jump is long and blind. The skater doing the Lutz is not likely to see you.

Dangerous Singles Moves

When you are practicing elements like camel spins and back spirals be especially aware of the danger your exposed blade poses to other skaters. Recognize that once you have started the element it will be hard for you to see those around you. Take a good look at your expected “space” before you start an element, and STOP if it looks like you could cause a problem or skate into someone else’s way.

Falls and Injuries

If you should fall, get up quickly. Remember that the other skaters will have a much harder time seeing you when you are on the ice. Don’t stay on the ice any longer than you have to – you are taking up space and can become a hazard to others. While falling, remember to keep your fingers away from your blades. Try to protect your head in a fall as well. Learn to keep “loose” when you fall and this will help you to avoid injuries. If you see someone else that has fallen and may be injured, don’t drag them off the ice without being certain that will movement will not hurt them more. If you suspect that someone is seriously hurt, the best thing to do is: 1. have someone stand “guard” over them to make sure other skaters avoid a collision with them; and 2. alert the monitor or a pro to come and help you.

Don’t Stand Around

Do not stand around and visit on the ice. This is a waste of expensive ice time and presents additional hazard for others on the ice.

Shaker Figure Skating Club

Volunteer Sign-up form

2010-2011

Name _____
Phone & Email _____
Skater's Name _____

Please check the volunteer opportunities you would like to help with and return this form with your ice contract or contact Kendra Wood, 216-295-2154. You will be contacted prior to the event(s) you indicate an interest in.

Dress Sale – late Sept

Kendra Wood, Emily Davidson

- Advertising
 Check in Sales Clean up/return unsold dresses

Holiday Show - Dec. 11, 4:45 to 6:45 pm

- chair person or people
 sign-up/program
 set up decorations play music food clean up

Ohio High School Competition – Feb. 11 and 12

Emily Davidson, Kendra Wood

- set up – Fri. evening set up Sat morning – 7AM set up Sunday morning – 7AM
 registration
 runner – usually a younger non competing skater
 awards
 clean up
 Memorial Fund Sales
 Judges/Official Hospitality

Cleveland Invitational Competition March 19-20

Susan Kalafatis, Jane Manno

- set up
 registration
 runner – usually a younger non competing skater
 awards
 clean up
 Memorial Fund Sales
 Judges/Officials Hospitality

Testing – several times a year

Carla Cegielski, Angie Chapple, Roberta Roth

- food preparation/donation for test day

Club jackets – Aug/Sept

Rochelle Paley

- help with sales

Ice Show – May

- Memorial Fund Sales
 flower purchase flower sales
 set up

Banquet – May

Nancy Schachtel

- order food/pick up set up
 pick up drinks/paper products clean up
 trophy orders

Public Relations – ongoing

Lois Rosenblum

- good luck competition signs
 congratulation signs
 get well/sympathy notes
 bulletin boards

Volunteer Extraordinaire

- I'll be "on-call" let me know when and where I can help. I'll be there if my schedule permits.
 I have these "special" skills that I can use to help _____