

*Brentwood Ice Arena*

# BOOT CAMP

**July 15-18, 2019**

**Monday-Wednesday**

**8:15 a.m.-2:45 p.m.**

**Thursday 8:15 a.m.-3:15 p.m.**

On-ice Instruction with SLSC coaches in the disciplines of Stroking, Jumps, Figures and Spins

Off ice Strength & Conditioning

Off ice Ballet

Off ice Nutrition and Mental Preparation

**Cost: \$250.00**

Must be Pre-Free Skate or Higher

\*New This Season\*

Rising Stars Camp

For skaters in Basic 4/Gamma-Pre-Pre/FS1



**Registration begins March 4, 2019**

Skater's Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_

Parent(s) Name(s): \_\_\_\_\_

Work Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Current USFS level or ISI level: \_\_\_\_\_

I, the undersigned participant, on behalf of myself, legatees and assigns, hereby agree to indemnify, save and hold harmless the Brentwood Ice rink or any of their agents, representatives, employees, or assigns, for my health, safety or injury and or disability arising out of or resulting from participation in this program. I also authorize any photos taken of myself, the participant, to be used in any publicity or promotion materials by the department.

Signature of Participant/Parent