

Brentwood Ice Rink

Winter Boot Camp

December 29-30

8:30a-12:30p

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

Off ice Strength & Conditioning

Off ice Ballet

Off ice Nutrition and Mental Preparation

Price: R \$150/NR \$180

Must be in Basic 4/Gamma-Pre-Pre/
FS1/Pre-free or higher

Registration opens Sept. 18!




SAINT LOUIS
SKATING CLUB
ESTABLISHED 1932

Skater's Name _____

Date of Birth _____ Current USFS/ISI Level _____

Address _____

City _____ State _____ Zip _____

Parent(s) Name(s) _____

Home/Cell Phone _____

Work Phone _____

Email _____

Emergency Contact _____

Phone Number _____

Coach _____

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

Date _____