



## Registration Form

Male / Female (please circle)

Name: \_\_\_\_\_

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

City/ Postal Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Age December 31, 2011: \_\_\_\_\_

Registration Fee: \$110 (includes \$10 OSSA Membership)

Payment methods: Cheque, Visa, MasterCard, Debit or Cash

\*Cheques payable to: East Elgin Community Complex- Town of Aylmer

Note: no refunds will be issued once the session has started.

### PARTICIPANT INFORMATION

Skating Experience (hockey, figure skating, recreational):  
\_\_\_\_\_

Speed Skating Level Achieved (white, yellow, orange, red):  
\_\_\_\_\_

### VOLUNTEERS

We are looking for volunteers. No experience is necessary just the desire to work with young people, share the love of skating, have skating ability and have fun. Please indicate below if you are interested in volunteering.

Yes, I would like to volunteer.

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

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

Volunteers are required to provide 3 references, complete a Police

Check and attend training

**Volunteer Training - TBD**

### PROGRAM SPONSORS



### PROGRAM INCLUDES:

11 week session - 1 hour ice time per week

Mini Meet

Session End Celebration

Awards - Ontario Speed Skating Association pins

Ontario Speed Skating Association Membership

### Mail registrations to:



For more information contact:  
East Elgin Community Complex  
531 Talbot Street West  
Aylmer, ON N5H 2T9

Phone: 519-773-5631

Fax: 519-773-5755

Email: lfeeney@eastelgincommunitycomplex.ca



*Development of 'basic skating skills' with a speed skating context. Will build your skating and improve your performance in any ice event.*

**Session: Thursday, January 12, 2012 to April 12, 2012**

**Cancelled: February 16 and March 15, 2012**

**Mini Meet: April 12, 2012**

**Time: 5:00p.m. to 5:50p.m.**

### Fee:

**Session: \$110 (includes \$10 OSSA Membership)**

**Age: 6 years +**

### TRY IT OUT! (no cost)

**Thursday, December 8, 2011 5:00p.m. to 5:50p.m.**

# “On the Edge”



*This program provides participants an awareness of speed skating. It's a great way for children to learn skating through fun interactive games that build skating skills at various levels.*

Speed Skating Canada has developed a series of sequential skating activities through a 12 lesson approach which creates awareness of the sport of speed skating and assists with the teaching of skating through a speed skating approach. A speed skating program can add a new dimension by injecting new and exciting ideas and activities. The lesson plans incorporate the teaching components, the teaching progression and the exercises and activities which may also be used to accomplish the lesson's objective.

Skating is a life long skill and as such, is an attractive activity to participate in. The elements of fitness: namely balance, coordination, endurance, strength and agility can all be improved upon within a skating program.

Learning to skate well is a prerequisite to successful participation in the organized sport of speed skating, in-line skating, hockey, figure skating and ringette. Speed skating is often used as a cross trainer for other sports such as cycling and cross country skiing.

## Speed Skating Program At



**Session :** Thursday, January 12, 2012 to April 12, 2012  
**Cancelled:** February 16, and March 15, 2012  
**Time:** 5:00 p.m. to 5:50 p.m.  
**Fees:** \$110 (includes \$10 OSSA Membership)  
**Age:** 6 years +

### Mini Meet & Session End Celebration

Thursday, April 12, 2012

5:00p.m. to 8:00p.m.

(schedule to follow)

### Equipment

- All Players must wear CSA approved helmet (rental helmets available at the Complex - \$1)
- Hockey or figure skates (rental skates available at the Complex - \$2/pair)
- Gloves or mitts, dress in loose fitting and warm clothing
- Outer layer should be wind and water resistant
- Knee pads \*optional



## Permission form

I \_\_\_\_\_ (parent/guardian) give permission to \_\_\_\_\_ (participant) to participate in the Speed Skating Program at the East Elgin Community Complex.

Participation in East Elgin Community Complex programs and activities involves the risk of injury. The participation in these activities shall constitute acceptance of that risk, regardless of the nature of the injury. The East Elgin Community Complex shall not be liable for any injury, loss or damage suffered by participants in said programming.

**Warning:** Any participant with known physical conditions that may be aggravated by participating in the event, (e.g. epilepsy, heart conditions, joint problems, a state of poor physical fitness, etc...) should consult with their physician before participating. East Elgin Community Complex management and staff are not responsible for pre-event screening of participants and/or injuries incurred during the event.

Signed: \_\_\_\_\_  
(Parent/Guardian)

Signed: \_\_\_\_\_  
(Participant)

I \_\_\_\_\_ (Parent/Guardian) give permission to the East Elgin Community Complex to take and use photos of my child for promotional purposes.

Signed : \_\_\_\_\_  
(parent/guardian)

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