



Revised CanPowerSkate Spring Application Form 2009/2010 Season

Prince of Wales Skating Club
P.O. Box 26057, St. John's, Newfoundland, A1E 0A5
Telephone: 579-1923 Fax: 579-1343

Website: <http://www.powsc.ca> e-mail: powsc@yahoo.com

All applications **MUST** be accompanied by payment

Date Received: _____

Skater's Last Name: _____ First Name: _____

Street and number: _____ City or town _____

Postal Code: _____ Telephone: _____

Gender: male female Birth Date: Day: _____ Month: _____ Year: _____

E-mail: _____

Last badge earned: _____ Skate Canada # (if known): _____

Program / Time	Day	Rink	Cost/Session	Spring	✓	Total Cost
PrePower/Level 1 – 5:00-5:50pm (Mar 23, 30, Apr 13, 20, 27)	Tues	Twin Rinks #1	\$65.00	Spring		
Level 2/Level 3 – 6:00-6:50pm (Mar 23, 30, Apr 13, 20, 27)	Tues	Twin Rinks #2	\$65.00	Spring		
Level 3/Level 4 – 7:00-7:50pm) (Mar 23, 30, Apr 13, 20, 27)	Tues	Twin Rinks #2	\$65.00	Spring		
PrePower/Level 1 – 5:00-5:50pm (Mar 25, Apr 1, 15, 22, 29)	Thurs	F. Gardens	\$65.00	Spring		
Level 1/Level 2 – 6:00-6:50pm (Mar 25, Apr 1, 15, 22, 29)	Thurs	F. Gardens	\$65.00	Spring		
Level 1/Level 2– 7:00-7:50pm (Mar 25, Apr 1, 15, 22, 29)	Thurs	G. Gardens	\$65.00	Spring		
Female Power - 4:00-4:50 p.m. (Mar 14, 21, 28, Apr 11, 18)	Sun	Jack Byrne	\$65.00	Spring		
Skate Canada registration/insurance**	Payable Once per skating year					\$30.00
(Discounts available for families registering 3 or more. Please see administrator for details)					Total:	

* All skaters must be registered with Skate Canada; this \$30 fee is mandatory and payable once in the skating year.

OFFICE USE ONLY	Initials _____
Amount: \$ _____ CASH _____ CHEQUE _____ VISA/MASTERCARD _____	
VISA/Mastercard # _____ Expiry Date: _____	
Signature: _____	
*Spring payments will be post-dated for March 1, 2010	

Please make cheques payable to Prince of Wales Skating Club. There will be a \$20.00 charge for NSF or returned cheques.

RELEASE

The applicant agrees that the Prince of Wales Skating Club and/or its proprietors will not be held responsible for any accidents or loss however caused, and agrees to release the proprietors from all claims or damages which may arise as a result of or by reason of such accidents or loss.

(Signature of Applicant or Guardian)

Date

(Please Print Name)

Registration Information for CanPowerSkate SPRING Program

The Spring CanPowerSkate program is a five week shortened session that will **not** have an evaluation at the conclusion of the five weeks.

Current Members (2009-2010): **Pre-registration until February 25, 2010.**

New Members: Registration for new members will be ongoing as of **February 26th, 2010**, during regular business hours at the club office (located upstairs at Twin Rinks), by mail, fax, or email. Office Hours are: Mon-Fri 9:00 am – 5:00 pm, except Wednesday 10:30-6:30pm. Registration will not be accepted after Week 2 of the Spring sessions.

All applications will be considered accepted unless otherwise notified. You will NOT be notified of acceptance unless there has been a change in times or registration.

Session Cancellation Policy

In the event that a session is cancelled for any reason, other than weather, the Club will, if possible, provide a make-up session. Such make-up sessions will be contingent on the availability of additional ice time, and it MAY be necessary to schedule a make up session on a different day from the child's normal skating day and time. The club will NOT provide a rebate or refund of registration fees for canceled sessions. The club will not provide make-up sessions for weather related cancellations. The Club reserves the right to cancel or modify any of the sessions due to low registration.

Missed Session Policy

In the event that your child(ren) miss their scheduled skating session for any reason, other than medical, makeup sessions are not permitted on other session times. Medical reasons will be considered on an individual basis.

Refund Policy:

Refunds are subject to a minimum non-refundable administrative fee of \$20 and Skate Canada Fee of \$30.00. Full refund of registration fees will be given ONLY for winter pre-registration if any notice of cancellation is received on or before November 30th, 2009. For any notice of cancellation received on or after December 1st, 2009, the above refund policy will apply.

Child Fitness Tax Receipts

Child Fitness tax receipts are available to print by logging into the Skate Canada Members only website within 2-3 weeks once registration fees have been paid. Your temporary password is the members last name. www.skatecanada.ca. You will receive an email from our office with the information.

If you have any further questions please call our Administrative Office: 579-1923

CanPowerSkate

CanPowerSkate is an action-packed, high energy instructional power skating program geared to hockey and ringette skaters that focuses on balance, power, agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations. CanPowerSkate provides an alternative to figure skating and is an excellent complement for those athletes playing on hockey or ringette teams. Its unique skill award program provides incentives and motivation for skaters to continue to achieve.

For safety reasons participants MUST wear full hockey equipment that is CSA approved. The coach to skater ration is 1:10.

CanPowerSkate's Pre-Power is designed for young skaters, approximately four to six years of age who can stand up on skates and move forward (shuffle, walk or glide) who may not be ready for CanPowerSkate Level 1. Pre-Power helps develop basic skating abilities in a power skating-specific environment, including balance skills, forward and backward skating, stopping, turning and agility skills. The curriculum is presented in three progressive levels complete with its own awards to encourage participation and motivate skaters.

CanPowerSkate is the only nationally regulated power skating program in Canada. It was developed by a team of hockey, figure skating and ringette experts to teach the fundamentals of power skating in a progressive and sequential manner.

Coaches –Craig Squires, Dean Roberts, Cy Dymond & Tom Moret