



## CanPowerSkate Application Form 2010/2011 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](mailto: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	Early Fall Fall Winter Spring	✓	Total Cost
Pre-Power & Level 1	6:00 – 6:50 pm	Mon/Wed	Twin Rinks	\$130.00	Early Fall	
Level 2 & 3	7:00 – 7:50 pm	Mon/Wed	Twin Rinks	\$130.00	Early Fall	
Level 1 & 2	6:00 – 6:50 pm	Tues/Thurs	Twin Rinks	\$130.00	Early Fall	
Level 4	7:00 – 7:50 pm	Tues/Thurs	Twin Rinks	\$130.00	Early Fall	
Pre-Power & Level 1	1:00 – 1:50 pm	Sat	Twin Rinks	\$130.00	Fall	
Level 1 & 2	2:00 – 2:50 pm	Sat	Twin Rinks	\$130.00	Fall	
Adult CanPowerSkate	4:00 – 4:50 pm	Sun	Jack Byrne	\$130.00	Fall	
Pre-Power & Level 1	5:00 – 5:50 pm	Wed	Twin Rinks	\$130.00	Fall	
Level 2 & 3	6:10 – 7:00 pm	Wed	Twin Rinks	\$130.00	Fall	
Level 4	7:00 – 7:50 pm	Wed	Twin Rinks	\$130.00	Fall	
Level 1 & 2	5:00 – 5:50 pm	Thurs	F. Gardens	\$130.00	Fall	
Level 2 & 3	6:00 – 6:50 pm	Thurs	F. Gardens	\$130.00	Fall	
Pre-Power & Level 1	1:00 – 1:50 pm	Sat	Twin Rinks	\$130.00	Winter	
Level 1 & 2	2:00 – 2:50 pm	Sat	Twin Rinks	\$130.00	Winter	
Adult CanPowerSkate	4:00 – 4:50 pm	Sun	Jack Byrne	\$130.00	Winter	
Pre-Power & Level 1	5:00 – 5:50 pm	Wed	Twin Rinks	\$130.00	Winter	
Level 2 & 3	6:10 – 7:00 pm	Wed	Twin Rinks	\$130.00	Winter	
Level 4	7:00 – 7:50 pm	Wed	Twin Rinks	\$130.00	Winter	
Level 1 & 2	5:00 – 5:50 pm	Thurs	F. Gardens	\$130.00	Winter	
Level 2 & 3	6:00 – 6:50 pm	Thurs	F. Gardens	\$130.00	Winter	
Pre-Power & Level 1	1:00 – 1:50 pm	Sat	Twin Rinks	\$65.00	Spring	
Level 1 & 2	2:00 – 2:50 pm	Sat	Twin Rinks	\$65.00	Spring	
Adult CanPowerSkate	4:00 – 4:50 pm	Sun	Jack Byrne	\$65.00	Spring	
Pre-Power & Level 1	5:00 – 5:50 pm	Wed	Twin Rinks	\$65.00	Spring	
Level 2 & 3	6:00 – 6:50 pm	Wed	Twin Rinks	\$65.00	Spring	
Level 4	7:00 – 7:50 pm	Wed	Twin Rinks	\$65.00	Spring	
Level 1 & 2	5:00 – 5:50 pm	Thurs	F. Gardens	\$65.00	Spring	
Level 2 & 3	6:00 – 6:50 pm	Thurs	F. Gardens	\$65.00	Spring	
Skate Canada registration/ insurance**	Payable Once per skating year					\$30.00
<small>(Discounts available for families registering 3 or more. Please see club administrator for details)</small>						Total:

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

**PAYMENT METHOD**

Amount: \$ \_\_\_\_\_

- CASH (Early Fall)\$\_\_\_\_\_(Fall)\$\_\_\_\_\_(Winter)\$\_\_\_\_\_(Spring)\$\_\_\_\_\_
- CHEQUE (Early Fall)\$\_\_\_\_\_(Fall)\$\_\_\_\_\_(Winter)\$\_\_\_\_\_(Spring)\$\_\_\_\_\_
- VISA/MASTERCARD (Early Fall)\$\_\_\_\_\_(Fall)\$\_\_\_\_\_(Winter)\$\_\_\_\_\_(Spring)\$\_\_\_\_\_

VISA/Mastercard # \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Signature: \_\_\_\_\_

- \*Early Fall payments must be dated for September 1, 2010
- \*Fall payments must be post-dated for October 5, 2010
- \*Winter payments must be post-dated for November 30, 2010
- \*Spring payments must be post-dated for March 1, 2011

**Please make cheques payable to Prince of Wales Skating Club.**

**There will be a \$20.00 charge for NSF or returned cheques and declined credit cards.**

**Refund Policy:**

All refunds are subject to a minimum non-refundable administrative fee of \$20 and Skate Canada Fee of \$30.00. No refunds will be issued after the first day of each session.

Registration is considered accepted once submitted unless a parent/guardian is contacted by our Club Administrator.



**Volunteers**

The Club is run by the efforts of volunteers, usually adult skaters or parents of young skaters. Please check if you are willing to:

Serve on Executive: \_\_\_\_\_ Help When Called Upon (e.g. ice show): \_\_\_\_\_

**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 Program

### **WE ARE REGISTERING FOR EARLY FALL, FALL, WINTER AND SPRING PROGRAMS AT ONE TIME!**

Pre-registration for each season at one time is recommended as we cannot guarantee spaces.

**Early Fall Sessions** (5 weeks – 2 sessions per week) – Pre-registration must be paid upon registration or by a cheque or visa/mc post-dated to September 3, 2010.

**Fall Sessions** (10 weeks – 1 session per week) - Pre-registration must be paid upon registration or by a cheque or visa/mc post-dated to October 5, 2010.

**Winter Sessions** (10 weeks – 1 session) per week) - Pre-registration must be accompanied by a cheque or visa/mc post-dated to November 30, 2010.

**Spring Sessions** – (5 weeks – 1 session per week) – Pre-registration must be accompanied by a cheque or visa/mc post-dated to March 1, 2011.

Post-dated cheques for the winter, spring sessions must be submitted with the fall application form in order to reserve spaces.

### **CANPOWERSKATE PROGRAM DATES for the 2010 – 2011 season**

<b>EARLY FALL:</b>	<b>START the week of September 13, 2010</b>	<b>CONCLUDE the week of October 10, 2010</b>
<b>FALL:</b>	<b>START the week of October 16, 2010</b>	<b>CONCLUDE the week of December 18, 2010</b>
<b>WINTER:</b>	<b>START the week of January 5, 2010</b>	<b>CONCLUDE the week of March 9, 2011</b>
<b>SPRING:</b>	<b>START the week of March 19, 2011</b>	<b>CONCLUDE the week of April 16, 2011</b>

\*all dates are subject to change

### **REGISTRATION:**

**Current Members** (2009-2010) of the Prince of Wales Skating Club: ***Pre-register until September 3, 2010.*** Please take the time to fill in your application and mail, fax, email, or drop it off by September 3, 2010 to ensure space for your child(ren).

**New Members:** Registration for new members will be ongoing as of September 7, 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. Extended office hours will be held on Saturday, September 11, 2010, 10am – 2pm for those who are unable to visit our office during the weekdays.

Registration will not be accepted after Week 2 of the Early Fall, Fall, Winter and 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.

All fall and winter programs are for a 10-week period unless stated otherwise. Please be advised that many of our programs fill up quickly, so pre-register for fall and winter to avoid disappointment. ***Spaces will not be guaranteed unless registration is received.***

***SKATERS MAY SKATE ONLY DURING THE SESSIONS FOR WHICH THEY ARE REGISTERED. SWITCHING SESSION DAYS WILL NOT BE PERMITTED. (Please see 'Missed Session Policy' also).***

### **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:**

All refunds are subject to a minimum non-refundable administrative fee of \$20 and Skate Canada Fee of \$30.00. No refunds will be issued after the first day of each session.

### **Child Fitness Tax Receipts**

Child Fitness tax receipts will be available by January 31<sup>st</sup>, 2011 to print by logging into the Skate Canada, Members only website. You will receive an email by January 31<sup>st</sup> providing you with your/your child(ren)s Skate Canada number and step-by-step instructions on how to download your receipt. Your temporary password will be your last name. [www.skatecanada.ca](http://www.skatecanada.ca)

### **CanPowerSkate**

CanPowerSkate is a Skate Canada certified, comprehensive, instructional power skating program targeted toward both hockey and ringette players. It focuses on a wide array of skills such as balance, edges, striding, power, agility, speed, and endurance. It is a tiered program requiring proficiency evaluations. Participants progress through the program based on skill development and evaluation. Emphasis is also placed on how skating skills apply to game situations. Participants of CanPowerSkate will certainly acquire skating knowledge and develop their individual skating skills. 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 program 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. The Pre-Power program 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 (ribbons) to encourage participation and motivate skaters. The Pre-Power program has been designed to run concurrently with CanSkate sessions.

Adult CanPowerSkate is a Co-ed session for participants 17 years of age and above. Instruction is targeted for those participants who are interested in playing hockey. Full hockey gear is required (eg stick, hockey skates, hockey helmet with facemask ... etc.) A complete listing of full hockey gear may be found on our website – [www.powsc.ca](http://www.powsc.ca).

***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**

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