



Sandy Shores SKATING CLUB

SUMMER SCHOOL 2010

**OCEANSIDE PLACE ARENA
830 WEST ISLAND HWY.
PARKSVILLE, B.C.**

**JULY 5th - AUGUST 13th, 2010 (Main Camp)
AUGUST 16th,17th,18th , 2010 (Competition Extension Ice)**

**Under the directorship of Larry & Leslee Rushton
previously the Rushtons Summer School of Skating/
Rushtons Skating Schools Inc.**

SANDY SHORES SKATING CLUB SUMMER SCHOOL 2010

FEATURES: "Our summer school reflects our commitment to the development of the complete skater, focusing on the physical and mental disciplines essential to skating."

- A complete training program both on and off the ice. A disciplined training atmosphere in a new Multiplex facility with a new sound system designed for figure skating!
- Training Site of many past and present National Competitors & Champions!
- Use of Video - available to all coaches at the school
- Billeting assistance available if needed.
- Arena is located close to beach - ideal for water sports, sunning, etc. Motels, & campgrounds nearby.
- Also tennis courts, picnic areas, playing fields, & playground close to Arena. Golf & Mini-golf close by.
- Fun dress up days every Friday for on-ice prizes: Planned special events & Fun Days:

July 9th - "Hawaiian Day"

July 9th - Paradise Adventure Mini-Golf & Bumper Boats

July 16th - "Twilight Day"

July 16th - Movie Night in Nanaimo

July 23rd - "Toy Story Day"

July 30th - "Olympic Challenge Day"

July 30th - Long weekend...no activity

Aug. 6th - Tentative test day ...no theme

Aug. 6th - Family & Friends Picnic at Rathtrevor Beach

** skater of the day and skater of the week awards! (ribbons, trophies, and prizes!!)**

IMPORTANT DATES:

July 5th - Orientation Day in arena lobby 1/2 hour before your session begins. There are off ice classes today - bring off ice training shoes! (meet in arena lobby for orientation first)

July 26th -Aug. 5th - Sessions with guest judges and coaches (TBA)

Dates tba - Competition Simulations

Aug. 2nd - Civic Holiday - no skating this day

Aug. 6th - Tentative Test Day

Aug 19th - 22nd - B.C. Summer Skate Competition (Vancouver - Burnaby 8 Rinks)

Aug. 16th, 17th, 18th - Competition Extension Ice (Leading up to B.C. Summer Skate) 6:30-8:00pm

****You must pre-register for this ice on your Registration Form.*

The cost for this ice will be posted on July 5th, and ice fees must be paid by Mon. July 12th.

****All of the above events and dates are subject to change****

RESERVATION FORM

Name of skater _____ Age _____ Birthdate _____
Mailing Address _____ City _____ Postal Code _____
email address _____
Address while at school _____ Tel.# _____
Parents or Guardian _____ Tel# _____
of weeks _____ Dates from _____ To _____
Emergency Contact: Name: _____ Ph. #(Res) _____ Ph.# (Bus) _____
B.C. Medical Care Card # _____ Doctor's Name _____ Ph.# _____
Does the skater have a history of allergies or medical conditions? _____

Please check desired package according to competition category:

1. Senior (Pre-Juv.- Senior competitors ; Must have passed Jr. Br. free/ Juvenile competitive) _____
2. Intermediate (Preliminary competitors); Must have passed Prelim. freeskate _____
3. Junior Academy (Elementary & Pre-Prelim. competitors;) Working on Prelim freeskate _____
3. Pre-Junior Academy (Canskate solo level); circle choice of 3 days: Mon Tues Wed Thurs Fri

Test passed: Skills ___ Freeskate ___ Dance ___ Competitive Singles ___ Comp. Pair/Dance ___
Professionals selected for summer school _____
of lessons requested: _____
Signature of parent or guardian _____ Enclosed is \$ _____

No reservations will be made unless 50% of the total booking fee accompanies this form.

Balance due by May 30th 2010. Payment may be by cheque, money order, or cash only.

****LATE PAYMENT FEE OF \$25.00 AFTER MAY 30th, 2010****

*Please place X beside event if you wish to participate as numbers of skaters are required in order to make reservations in advance.

- Competition Extension Ice - Aug. 16th, 17th, 18th - _____ (fee will be posted July 5th)
- Paradise Adventure mini-golf & Bumper Boats- Parksville Fri. July 9th _____
(fees will be posted on July 5th and fees will be due July 7th based on numbers signed up)
- Movie night in Nanaimo Fri. July 16th _____ (Movies will be posted the first week of summer school)
- Family & Friends picnic at Rath Trevor Beach – Fri. Aug. 6th _____

Cheques and money orders must be made payable to :

SANDY SHORES SKATING CLUB (SSSC) Box 1666, Parksville BC V9P 2H5

RULES & REGULATIONS

- Refunds will be given only with medical certificate.
- A \$25.00 Administration Fee will be charged on all refunds with Medical Certificate.
- Note: No refunds after May 30, 2010
- Parental signature is required for skaters under the age of 18.
- All participants are governed by rules and regulations made by the Summer School,
- NSF cheques will be subject to a \$25.00 service charge, and replacement amount must be made by cash, money order or certified cheque.

HOME CLUB AND COACH PERMISSION AND INFORMATION

Name of Home Club: _____ Home Club Number _____

Tests passed: _____

Tests you may be taking: _____

Skate Canada Registration number: _____ Home Club # _____

THE ABOVE SKATER IS HEREBY GRANTED PERMISSION TO SKATE ON SESSIONS, RECEIVE LESSONS FROM COACHES ON STAFF, TAKE TESTS AND PARTICIPATE IN SANCTIONED EXHIBITIONS AT THE SANDY SHORES SKATING CLUB SUMMER SCHOOL.

Signature of Home Club Official & office held _____ Date _____

Signature of skaters Head Coach _____ Date _____

Skaters Head Coach phone # _____ email: _____

LIABILITY AGREEMENT

The Skater, or if Skater is under 18 years of age, the Skater and the Parents or Guardians agree: The Skater skates at his/her own risk.

Management, Directors or coaches will not be responsible for any loss or damage sustained through injury to the Skater, or other Skaters on or off the ice, or any other liability loss, damage or expense incurred as a result of the skater attending the Sandy Shores Skating Club Summer School. The Skater will abide by the rules of the Sandy Shores Skating Club and Skate Canada. All fees for lessons will be paid for upon billing. All ice fees for skating will be paid in advance.

Medical # _____ Please list any Medical Conditions or Allergies _____

PARENT OR GUARDIAN SIGNATURE _____ Date: _____ 2010

****INCOMPLETE REGISTRATION FORMS WILL NOT BE ACCEPTED!!!****

****FOR MORE INFORMATION OR ADDITIONAL FORMS-CONTACT THE DIRECTORS
LARRY AND LESLEE RUSHTON:**

email: landlrushton@shaw.ca - website:www.wowskate.com

*****Bus: (250) 756-6151 - Rushton Sportech Inc. & Rushtons Skating Schools Inc.*****

or: Sandy Shores Skating Club Box 1666, Parksville BC., V9P 2H5

email: sandyshoressc@yahoo.com website: www.sandyshoresskatingclub.com

PROFESSIONAL COACHING STAFF

LARRY & LESLEE RUSHTON -
Rushtons' Skating Schools Inc.& Rushton Sportech Inc-
Bus: 250-756-6151 - email: landlrushton@shaw.ca

MARCIE WALKER - Res: 250-746-8556
-email: m-walker@shaw.ca

LORRAINE FRANCISTY – Res. 250-748-4069
- email: lfrancisty@shaw.ca

CHERYL NEVA – Res: 250-709-2730
-email: cneva@shaw.ca

COACHES WISHING TO ATTEND WITH THEIR
STUDENTS PLEASE CONTACT - L. RUSHTON

SKATING TUITION

1. INTERMEDIATE & SENIOR

- Spin Session Twice Per Week (Tues. & Thurs.)
- 2 Freeskate Sessions Per Day
- 3 Dance/Skills Sessions Per Week (Mon. Wed. & Fri.)
- On Ice Stroking Session Daily with Professional
- Off Ice Class 3 Times Per Week with Instructor (Mon. Tues. Thurs)
- All Inclusive 6 Week Rate: \$570.00
- All Inclusive Weekly Rate: \$150.00

2. JUNIOR ACADEMY

- Spin Session Twice Per Week (Tues. & Thurs.)
- 1 Freeskate Session Per Day
- 3 Dance/Skills Sessions Per Week (Mon. Wed. & Fri.)
- On Ice Stroking Session Daily with Professional
- Off Ice Class 3 Times Per Week with Instructor (Mon. Tues. Thurs)
- All Inclusive 6 Week Rate: \$395.00
- All Inclusive Weekly Rate: \$115.00

3. PRE-JUNIOR ACADEMY

- 3 Freeskate Sessions Per Week (choice of any 3 days)
- On Ice stroking session on your 3 days with professional
- 1 Off Ice Class 3 Times Per Week with Instructor
- All Inclusive 5 Week Rate: \$135.00 (July 5th-Aug. 6th)

PRIORITY GIVEN TO 6 WEEK FULL PACKAGE SKATERS

PLEASE BOOK PRIVATE LESSONS DIRECTLY WITH PROFESSIONAL
ABOVE FEES DO NOT INCLUDE PRIVATE LESSONS.

*** Split packages can be arranged: please contact L. Rushton for the details ***

EXTRA SKILLSFREE/DANCE DAILY: Daily \$15.00

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DROP IN FEE - On Ice Stroking/Conditioning \$10.00

Guest Fees are subject to space availability (FOR SKATERS NOT PURCHASING THE ALL INCLUSIVE
6 WEEK PACKAGE, THE DROP IN FEE MUST BE PAID TO A DIRECTOR PRIOR TO SESSION)

DAILY SCHEDULE

MONDAY TO FRIDAY ON ICE:

Mon. July 5th-Fri. Aug. 6th

9:00am. - 9:45 am. PRE-JR/ JUNIOR/INTERMEDIATE ACADEMY FREESKATE
9:45am. - 10:00am. *PRE-JR/ JUNIOR/INTERMEDIATE ACADEMY STROKING
10:00am. - 10:30am. JR/INT DANCE OR SKILLS (Prelim- Sr. Br) (MWF)
JR /INT SPIN SESSION (TUES & THUR.)

10:30am. - 10:45am. ICE CLEAN

10:45am. - 11:30am. INT/SR. FREESKATE
11:30am – 11:45am *INT/SR. STROKING/CONDITIONG

11:45am – 12:00pm ICE CLEAN

12:00pm – 12:45pm SENIOR FREESKATE
12:45pm – 1:15pm SR. DANCE OR SKILLS (Sr. Br.-Gold) (MWF)
SR SPIN SESSION (Tues & Thurs)

Mon. Aug. 9th - Fri. Aug. 13th

6:30pm. - 7:15pm. JUNIOR/INTERMEDIATE ACADEMY FREESKATE
7:15pm. - 8:00pm. SENIOR FREESKATE
8:00pm. - 8:15pm. ICE CLEAN
8:15pm. - 9:00pm. SENIOR FREESKATE

* INDICATES PROFESSIONAL INSTRUCTION INCLUDED IN TUITION

Please note: Skaters who have completed skills & dance tests may use this session for footwork, field moves, & programming. Spins & jumps will not be permitted on the dance/skills sessions.

OFF ICE STRENGTH, STRETCH & FLEXIBILITY CLASSES:
MONDAY, TUESDAY, THURSDAY (no off ice on test day)

Mon. July 5th - Thur. Aug. 5th

8:00am - 8:45am - *PRE-JR/ JUNIOR/INTERMEDIATE
9:45am - 10:30am - *SENIOR

SCHEDULE SUBJECT TO CHANGE