




2014 FALL Training Contract
TUESDAY, September 2nd through WEDNESDAY, November 26th, 2014

Skater's Full Name: _____ Address: _____ City: _____ State: _____ ZIP: _____

Parent and LEGIBLE email address: _____ Contact Phone Number: _____

I am a Coach: _____ Current FS Level of Skater: _____

By requesting to contract for off-ice, on-ice, or ANY other activities with a'Xel International Training Center, you are automatically agreeing to our Assumption and Acknowledgment of Risks and Release of Liability Agreement and will be offered an aXel International Training Center Media Release Form should we need one from you

DAY (circle to contract)	SESSION# AND NAME	TIME	#WEEKS	CONTRACT \$	RANDOM \$	TOTAL \$ DUE TO CONTRACT	NOTES AND EXPLANATIONS
Monday	#1 Ballet Performance-HIGH (LISA)	4:05-5:05PM	12	\$19.00	\$21.00	\$228.00	
Monday	#2 Ballet Performance-INTERMEDIATE (LISA)	5:15-6:00PM	12	\$15.00	\$17.00	\$180.00	
Tuesday	#3 POWER HOUR-ALL LEVELS (LISA AND ANTHONY)	4:15-5:15PM	13	\$21.00	\$23.00	\$273.00	
Tuesday	 #4 "Get to the Core of It"- Developmental Strength Class	5:25-6PM	13	\$12.00	\$14.00	\$156.00	
Tuesday	#5 –Developmental ADULT-Off-Ice Jumping Technique Class (Thomas Amon)	6:40-7:10PM	13	\$12.00	\$14.00	\$156.00	
Wednesday	#6 FLEXIBILITY AND ALIGNMENT (LISA)	4-4:45PM	13	\$17.00	\$19.00	\$221.00	
Thursday	#7 Cardio <i>STYLISTIC</i> Dance-HIGH (LISA)	4:15-5:15PM	12	\$16.00	\$18.00	\$192.00	No Class On 10/31/14!
Friday	#8 HIGH/ELITE On-Ice Seminar- (Thomas Amon and Guest Presenters)	12:30-1PM	11	\$12.00	\$14.00	\$132.00	
Friday	#9 YOGA for Life and for Athletes (Thea Jensen)	4:15-5:15PM	11	\$19.00	\$21.00	\$209.00	No Class on 10/3/14 and 10/24/14
Friday	#10-Developmental-Off-Ice Jumping Technique Class (Thomas Amon and Kelly Benzinger)	6:10-6:30PM	9	\$10.00	\$12.00	\$90.00	No Class on 10/3/14 and 10/24/14
Saturday	#11 Elite Off-Ice Jumping Technique/Plyometric Class (Thomas Amon and Kelly Benzinger)	9:30-10:15AM	11	\$15.00	\$17.00	\$165.00	No Class on 10/4/14
Saturday	#12 TAPS (Total Athlete Performance Seminar)*- (Thomas Amon and Guest Lecturers)	10:20-11:20AM	12	\$12.00	\$14.00	\$144.00	*This off-ice class must go through approval of Thomas Amon

Accounting and Financial Detail Page

(THIS PAGE MUST BE INCLUDED WITH YOUR CONTRACT!)

Please make a copy of your contract (ALL PAGES) for your records and scheduling purposes.

Changes to your off-ice contract are allowed free of charge for the FIRST WEEK of off-ice activities (Tuesday 9/2 through Saturday 9/6/14)
AFTER THIS DATE, a \$20.00 change fee for EACH CHANGE will be assessed to your contract cost.

*Credits placed on your account will only be held and honored through the NEXT contract period following Fall-2014, unless
herwise approved by a'Xel! You may also request a refund check directly from a'Xel (within the contract period) by using our
email address: skateaxelinc@aol.com.*

REFUNDS WILL NOT BE GIVEN FOR ANY OTHER REASONS.

CONTRACTS ARE DUE BY Tuesday, August 25th, 2014 at 2:30PM!



All checks must be made payable to: 3828 Thomas Avenue South, Minneapolis, MN 55410
(If you have ANY questions or concerns regarding a'Xel, Inc. or its programs, please use the email address listed here.)
skateaxelinc@aol.com
Visit us on the web at: www.axel-itc.com

50% of TOTAL DUE WITH CONTRACT (will be deposited immediately) For Office Use
ONLY: _____

Remaining 50% due ON or BEFORE OCTOBER 1st, 2014

For Office Use ONLY: _____

Sending postdated checks for second payment is **HIGHLY recommended in order to avoid final late payment fees.**

**(Contracts received AFTER 8/25/14 OR FINAL payments made AFTER 10/1/14 MUST include the \$20.00 late processing fee.
THERE ARE NO EXCEPTIONS TO THIS!)**

**el-ITC kindly asks that parents refrain from entering off-ice classes. Classes must begin and end on time. This is for safety and to provide all athletes
with the most efficient and uninterrupted class experience possible from our instructors.**

**a'Xel International Training Center, LLC recommends the following off-ice training plan if you are:
(You should contact your coach as well who will provide YOU with YOUR training plan to suit YOUR needs)**

Competitive/Elite Qualifying Juvenile and Intermediate Level Athletes:

- 1 Off-Ice Jumping Technique Class per week
- Power Hour
- Ballet Performance-HIGH and Classical Ballet Elite Intensive (if you qualify)
- Flexibility and Alignment for Figure Skaters
- Cardio Stylistic Dance
- YOGA for Life and for Athletes-Restorative

Competitive/Elite Qualifying Novice, Junior, and Senior Level Athletes:

- 1 Off-Ice Jumping Technique Class per week
- Power Hour
- Ballet Performance-HIGH and Classical Ballet Elite Intensive (if you qualify)
- Flexibility and Alignment for Figure Skaters
- Cardio Stylistic Dance
- YOGA for Life and for Athletes-Restorative

Competitive/Elite Pre-Preliminary through Pre-Juvenile Level Athletes:

- 1 Off-Ice Jumping Technique Class per week-Intermediate (High if approved)
- POWER HOUR
- Ballet Performance-Intermediate (High if approved)
- Flexibility and Alignment for Figure Skaters
- YOGA for Life and for Athletes-Restorative
- "Get to the Core of It" for the Younger and Developing Athlete

Recreational Skater at ALL levels:

- 1 Off-Ice Jumping Technique Class
- Ballet Performance
- Daily Off-Ice Complete Warm-Up Class

Some interesting thoughts about your athlete's development and reasons to start thinking NOW in the competitive sport of figure skating:

- According to figure skating sports medicine research, an athlete's flexibility will be established between the young ages of 5 and 8! So, starting your young skater earlier in this particular area has proven to be much more beneficial long term than waiting until he or she is older! Research has also proven that these same skaters also run a better rate of continuing their flexibility even through major growth stages, while those that did not address the flexibility issue at a younger age may **NEVER** achieve their flexibility potential. **a'Xel, LLC offers several classes that will address flexibility at a very young age and for ALL ages with certified and respected off-ice training specialists.**
- An athlete's cardio vascular maximum potential within their lungs is established by the time they are 12 years of age! So, starting your young skater earlier in developing aerobic (long term) and anaerobic (short term) endurance is vital if your athlete wishes to achieve their MAXIMUM endurance potential to rise to the Senior ranks of competitive figure skating. **a'Xel, LLC offers several classes that will address endurance at ALL age levels with certified and respected off-ice training specialists.**

Commonly asked questions or thoughts:

Coach believes that my skater will get all the training he/she needs on the ice by skating.

Ver: In the past skaters spent hours on the ice training school figures. They developed core body strength and a real "feel" for their center of gravity/balance. Today, skaters no longer spend these hours in those static positions; they are on the ice for hours doing more and more jumps and revolutions at a younger age. This activity puts heavy demands on the skater. The best insurance policy that you can buy for your skater, for injury prevention, is to make off-ice training a priority, be sure his/her program is specific to his/her needs. **a'Xel provides individual assessments and programs to meet the needs of each skater!**

How important are core body strength and balance to performance? When is a good time to start?

Ver: The best time to start core strength and balance training is as soon as the athlete starts skating. Both core strength and balance are crucial to all facets of skating. Everything a skater does on the ice technically for performance and injury prevention involves these two components. **a'Xel, LLC has classes for beginner up to National and International competitive level figure skaters!**

What does a skater need to do to jump higher?

Ver: Initially a solid base of total body strength (lower body, core, upper body) must be established. Working with a qualified strength and conditioning professional, athletes will demonstrate full bodyweight control before progressing to more advanced training techniques. **a'Xel, LLC prepares skaters physically with the strength and power to perform demanding double and triple jumps!**

What is the parents "role" with their skater as it relates to performing off-ice training?

Ver: The parent can play a vital role in allowing their skater to perform off-ice training. It is the parent that is the main person in transporting the skater to the ice rink in time for off-ice training. The parent (in some situations) may be the main person to "find" off-ice training for their skater. In certain situations, the on-ice coach may be too busy to have the time to see off-ice training for their athletes. Obviously, it is the parent that becomes the transporter allowing that skater to be able to participate in consistent off-ice training. **a'Xel, LLC is an inclusive off-ice program! We provide ALL of your skaters' off-ice needs in one place!**

Questions and answers found in entirety on the USFS web site: <http://www.usfsa.org/content/Off-IceFAQs.pdf>