



www.kentvalleyicecentre.net

6015 South 240th Street
Kent, WA 98032

Saturday, June 30th

1:10PM – 2:25PM

5:40PM – 7:10PM

Sunday, July 1st

9:15AM – 10:45AM

\$95

**To REGISTER Call
253-850-2400 ext. 108
(or turn in this form with
payment at the Kent Valley Ice
Centre Pro Shop)**

**Space is limited – sign up
now!**

June 30th & July 1st -- Kent Valley Ice Centre Presents

SKATE LIKE A GIRL POWER SKATING

Weekend clinic for girl hockey players ages Mite to Midget

Power Skating - Directed by Molly Doner

More than any other skill, skating ability is cited as the most important single attribute that a hockey player can possess. If you can't skate well, you will struggle to advance in the game. In order to improve your skating you need the proper technique and lots of repetition. Skate Like a Girl will teach you the proper techniques, drills, and skills that you need to become an excellent skater. The class will cover edge control, stride technique & extension, the relationship between power and knee-bend, hockey turns, acceleration, crossovers, backwards technique, agility drills, balance, and much more.

Molly Doner

A former Division 1 Hockey player for the Wisconsin Badgers, Molly played for the Badgers from 2012-2016. During that time, she made 3 Frozen Four appearances, won 2 WCHA Playoff Championships, 1 WCHA regular season Championship, and was awarded 2 Impact Awards for her community service efforts. During her senior year, she was awarded the Badger Award – Most Inspiring Player – given to the player *who inspires others through her commitment to hard work & unselfish play*. Molly is recognized for her excellent skating ability and has been teaching players of all ages since she finished her career at Wisconsin.

Class Dates: June 30-July 1, 2018

Registration Form Information:

[Attach Receipt Here](#)

Player's Name

Level

Address

City

State

Zip Code

Home Telephone

Primary Cell or Work Telephone (please specify)

Primary Email

I have read and agree to the terms of the Waiver & Release on the back of this form or as listed below. I understand and agree that any and all activities at Kent Valley Ice Centre are at my own risk.

Signature of parent/legal guardian if less than eighteen (18) yrs. of age

Date

WAIVER and RELEASE

This Agreement is by and between the aforementioned Participant, or the participant's parent or legal guardian if the participant is under the age of eighteen (18) years or otherwise lacks legal capacity ("Participant"), and Kent Valley Hockey Association ("KVHA") and the Urban Landmark Corporation d.b.a Kent Valley Ice Centre ("Ice Centre") its/their parents, subsidiaries, affiliates, directors, officers, employees, agents, heirs and assigns. In consideration for the opportunity to attend, volunteer and/or participate in the Activity or Activities offered, provided or made available by KVHA and/or the Ice Centre, Participant certifies, warrants, represents and agrees to KVHA, the Ice Centre, the City of Kent, any sponsors or promoters of the Activities, and all others acting with their authority (collectively, the "Releasees") the following:

ACTIVITIES & RISKS. The Activities, including, but not limited to, on-ice performance, instruction, warm ups, drills, games, social gatherings, clinics, spectating, recreation and any other individual or group activities and events presented by KVHA/Ice Centre, whether taking place at the Kent Valley Ice Centre at Kent, WA or any other place, may involve full- or partial-contact sporting interaction, require good physical and mental health and fitness, and can be HAZARDOUS AND DANGEROUS TO PARTICIPANTS. Involvement with the Activities exposes Participant to risks of serious bodily injury, including PERMANENT DISABILITY, PARALYSIS OR DEATH (the "Risks"). Such Risks include, but are not limited to, those related to contact and/or participation with other participants, spectators, equipment, playing field, facility and/or fixed objects; falls, mishaps, collisions and/or rough play; adverse weather conditions; flaws and defects in equipment and facilities; and negligent facility maintenance, instruction, supervision and participation. Risks may be caused by the actions or inactions of Participant or others, the condition of the facilities in which the Activities take place, or the NEGLIGENCE OF THE RELEASEES. Some Risks cannot be predicted or controlled, and there may be other risks and social and economic losses not known to Participant and/or the Releasees and/or which are not readily foreseeable at this time.

WARRANTIES & REPRESENTATIONS. Participant warrants and represents that Participant is qualified to participate in the Activities and is free of mental and/or physical condition, ailment or injury, medical or otherwise, which could, independently or combined with any other circumstance: (i) impair, prevent or prohibit Participant from engaging in the Activities, or (ii) be affected, aggravated or worsened in any way, directly or indirectly, as a result of Participant's involvement with the Activities. Participant understands the Risks associated with the Activities and will discontinue involvement immediately if, at any time, Participant believes conditions to be unsafe.

LIKENESS & PUBLICITY. The Releasees will have the perpetual and irrevocable right to use, reproduce, print, publish and disseminate in all manners and media Participant's name, image, voice, appearance and other identifying information (the "Likeness") obtained by any Releasee in connection with the Activities, and to record, broadcast and otherwise exploit the Likeness in any and all promotions, advertisements and/or public or private displays or announcements of any kind and in any and all media. The Releasees will have full and exclusive ownership and control of any video, photograph or recording of the Likeness (the "Material"). Participant has no rights to such Material, and the Releasees may use, alter or modify all or part of the Material and Likeness, regardless of whether Participant is recognizable.

RELEASE & INDEMNIFICATION. Participant understands and knowingly and freely assumes the Risks associated with the Activities, whether or not expressly described herein. Participant receives material benefit from the Activities and, in consideration, agrees to fully and completely, to the fullest extent permitted by law: (i) WAIVE, RELEASE AND DISCHARGE the Releasees from and with respect to any and all liability, claims, damages, losses, expenses, demands, suits, actions, fines and/or judgments, including without limitation reasonable attorneys' fees, court costs and litigation expenses (the "Claims"), related to or arising from the subject of this Agreement, including, but not limited to, bodily injury, personal injury, death, discrimination, property damage or the Releasees' negligence; and (ii) INDEMNIFY, DEFEND AND HOLD HARMLESS the Releasees from any Claims asserted against the Releasees caused by, in whole or in part, or arising from, directly or indirectly, Participant's involvement with the Activities and/or breach of this Agreement.

ENTIRE AGREEMENT. THIS IS THE ENTIRE AGREEMENT BETWEEN PARTICIPANT AND RELEASEES WITH REGARD TO ITS TERMS. Participant agrees that s/he: (i) understands all terms of this Agreement, (ii) has full knowledge of its content and significance, including that Participant is giving up legal rights that may otherwise be available, and (iii) signs this Agreement freely and voluntarily without inducement or coercion. This Waiver and Release Agreement is intended to be as broad and inclusive as Washington law allows and, if any portion is held illegal, invalid or unenforceable, the balance will continue in full force and effect, and such portion will be given effect to the maximum extent possible by narrowing or limiting only that aspect found overbroad or unenforceable.

PARENTAL CONSENT & RELEASE (if applicable) (the "Parent") hereby represents and warrants that s/he has executed the foregoing Agreement on behalf of Participant, a minor under the age of eighteen (18) years or otherwise lacking legal capacity; s/he has the legal capacity and authority to act for or on behalf of Participant, and s/he agrees to bind the Parent, Participant, and each of their legal representatives, successors, heirs and assigns to the terms of the Agreement. The Parent hereby releases, indemnifies and holds harmless the Releasees from Claims related to or arising from the Parent's legal capacity or authority to act for or on behalf of Participant or the Parent's execution of this Agreement.