

Waiver Agreement / Parental Consent

I, the undersigned, acknowledge the inherent risks involved in hockey, ice skating and all sports relating thereto. Accordingly and in consideration of being allowed to participate in any skating activities and/or activities at the Rockville Ice Arena, I agree to the following:

1. I acknowledge and fully understand that I will be engaging in activities that involve risk of serious injury, which may include permanent disability and even death, and severe social and economic losses that might result not only from my action, but also from the action, inaction or negligence of others, through rules of play or the condition of the premises, or any equipment used and further, that there may be risks not known to me or not reasonably foreseeable.
2. I agree that prior to participating in any activity at the Rockville Ice Arena, I will inspect the competition area and all equipment to be used, and if, through my inspection, I determine that anything related to that activity is unsafe, I will immediately advise my coach or an official of the Rockville Ice Arena of this unsafe condition and will not participate until this condition is corrected.
3. I agree to assume all the foregoing risks and accept personal responsibility for my own damages following such injury, permanent disability or death.
4. I release, waive, discharge and covenant not to sue Rockville Ice Arena and all of its respective agents, affiliates, associates, officials, directors, owners and employees (collectively "releasees") from demands, losses or damages on account of any injury, death or damage to property, caused or alleged to be caused in whole or part by releasees or any other party's actions, inactions or otherwise; and agree to indemnify releasees from any and all third-party claims caused in whole or in part by my actions.

I, the undersigned parent or legal guardian, have read the above waiver and release and agree to its terms on behalf of my child and myself.

I understand that by signing below I am giving up substantial rights on behalf of my child and myself.

NAME _____ DATE _____

The instructor reserves the right to move your child to a different group if she deems it to be in the best interest of your child or the program.



The Coach

MARIANNE WATKINS Hockey Skating Consultant

One of the most sought-after skating coaches in hockey, Marianne Watkins has worked with many of the game's top prospects. Players from Pittsburgh Penguins, the Columbus Blue Jackets, Toronto Maple Leafs, Florida Panthers, and Anaheim Ducks have all utilized her expertise in developing their skating skills.

Marianne was featured in Paul Coffey's instructional video, "Skate like a Pro," and on "The Hockey Show" (ESPN/TSN) and was the exclusive skating coach for Wayne Gretzky's Future Stars camps. She was recognized as one of the top instructors in her field at the International Hockey Skating Symposium and is a presenter at USA Hockey clinics.

Marianne conducts seasonal camps throughout the year. She works with RMU NCAA Division 1 Men's and Women's teams. Her teaching is based on 25 years of experience, combining updated North American and European techniques.



MARIANNE WATKINS STEEL POWER

THE TEACHER OF THE PROS

2019 Mid-Season Development Camp

**December 29 -
December 31**





“The biggest improvement you can make to your game is through skating development.”

Steel Power’s in-season hockey-specific skating developmental classes will help you take your game to the next level by developing the No. 1 skill of the game.

Program Focus

In Steel Power, all the basic hockey skating fundamentals are emphasized, solidified and intensified as the lessons progress into high-level skills, which incorporate agility, lateral movement, speed, acceleration, reaction time and maneuverability.

Strength and conditioning drills that emphasize leg and core strength, as well as flexibility, will challenge your discipline and competitiveness. You’ll be made more aware of your strengths, weaknesses and personal progress. Ultimately, Steel Power will help you to understand and utilize better skating techniques for today’s game.

Equipment

Each skater must bring full equipment, stick, and labeled water bottle to every class.

Session Levels		
Group 1 Mite Squirt	Dec 29	5:00p - 5:55p
	Dec 30	9:00a - 9:55a
	Dec 31	9:00a - 9:55a
Group 2 Girls age 9-12	Dec 29	6:05p - 7:00p
	Dec 30	10:05a - 11:00a
	Dec 31	10:05a - 11:00a
Group 3 Peewee Bantam Midget/Adult	Dec 29	7:10p - 8:05p
	Dec 30	11:10a - 12:05p
	Dec 31	11:10a - 12:05p

Payment Options:

Cash, Check, or PayPal
Sorry, no credit cards

Cash or Check
Fill out this registration form and return it with payment to:

Marianne Watkins
Rockville Ice Arena
50 Southlawn Court
Rockville, MD 20850

PayPal
Send your skater's name and session level along with your PayPal payment to:

IceFMS@gmail.com

2019 Registration Form
Please Print

Skater's Name	
Date of Birth	
2019-20 Team and Level	
Parent/Guardian Name	
Phone Number	
E-mail Address	

Please circle current level of play

Mite Squirt

Girls 9-12

Peewee Bantam Midget/Adult

\$ 130.00 per person

Office use ONLY	
Payment Type:	Cash / Check
Total Paid_____	Date Paid_____
Cashier Initials_____	