

Waiver / Agreement

*Parental Consent for skaters under the age of 18

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.

PRINT NAME _____ DATE _____

SIGNATURE _____



The Coach

MARIANNE WATKINS

RMU Hockey Skating Director and Player Development Coach

- A native of Peterborough, Ontario, she received her start in coaching hockey skating with her hometown Peterborough Petes Major Junior A team, and the Oshawa Generals of the Ontario Hockey League.
- With over 30 years coaching experience throughout North America and Europe, she has worked at every level of the game.
- She has been the Skating Consultant for 5 NHL teams, Toronto, Anaheim, Florida, Columbus and Pittsburgh working with their draft picks and prospects.
- She is known as a great communicator and one of the most UPDATED and sought-after coaches in the game.
- In 2020, she was inducted into her hometown, Peterborough and District Sports Hall of Fame as a Builder and Coach.



MARIANNE WATKINS STEEL POWER

THE TEACHER OF THE PROS

2025 MID-SEASON HOCKEY SKATING DEVELOPMENT CLINIC

December 29 –
December 31





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

Steel Power's 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

Steel Power emphasizes, solidifies, and intensifies the basic hockey skating fundamentals as the lessons progress into high-level skills, which incorporate agility, lateral movement, speed, acceleration, reaction time, maneuverability, and edgework.

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

Full equipment, stick, and labeled water bottle are required for every class. Skaters should also have a piece of tape with their name affixed to the front of their helmet.

Clinic Schedule

December 29 - December 31

Group 1 Mite & Squirt (U8 & U10)	Dec. 29 Dec. 30 Dec. 31	5:00pm - 5:50pm 9:00am - 9:50am 9:00am - 9:50am
Group 2 Peewee (U12)	Dec. 29 Dec. 30 Dec. 31	6:00pm - 6:50pm 10:00am - 10:50am 10:00am - 10:50am
Group 3 Bantam, Midget, High School (U14/U16/U18)	Dec. 29 Dec. 30 Dec. 31	7:00pm - 7:50pm 11:00am - 11:50am 11:00am - 11:50am

*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.

\$150.00 per person

**Please send payment through
PayPal after completing your
online registration.**



PayPal

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

IceFMS@gmail.com

Steel Power

December 29 - December 31

To register, visit

www.RockvilleIceArena.com



**Then send your \$150
registration fee via
PayPal to:**

IceFMS@gmail.com

Questions?

**If you have any questions about the
program, please contact Gary Watkins at:**

IceFMS@gmail.com