

"HOME OF CHAMPIONS"

invites you to our

2006 SUMMER SKATING SCHOOL

JUNE 26-SEPTEMBER 1, 2006

ABOUT THE ICE HOUSE

The Ice House is a year round training facility designed to meet the needs of beginners to Olympic Champions. Our primary goal is to assist skaters in reaching their maximum potential. Opened in 1996 complete with four ice surfaces and a 7,500 sq. ft. off ice training facility, the Ice House is one of the largest training facilities of its kind. Training National, World and Olympic Medalists the Ice House has created an environment that is able to accommodate the needs of skaters in every capacity with one of the biggest learn to skate programs in the country and World-Class training for both beginners and international skaters.

The Ice House has been home to 2002 Olympic Champion, Sarah Hughes, 2002 Olympic Champion Elena Berezhnaya and Anton Sikharulidze, 1998 Olympic Champions Oksana Kazakova and Artur Dmitriev, World Silver Medalist Sasha Cohen, 3-time National Pairs Champions Kyoko Ina and John Zimmerman and 5-time National Dance Champions Naomi Lang and Peter Tchernychev and many other internationally acclaimed skaters.

ON ICE TRAINING

The Ice House offers a comprehensive summer training program that incorporates off ice training along with intensive on ice training. Expert coaching is available in Freestyle, Moves in the Field, Pairs, Dance, Choreography and Stroking from our large staff of highly qualified coaches. The daily schedule consists of Freestyle and Pairs/Dance/Elite sessions.

All sessions are divided into categories: **LOW:** No Test-Pre Juvenile, **MEDIUM:** Juvenile-Intermediate, **HIGH:** Novice-Senior, **PAIRS/DANCE/ELITE:** Pairs teams, solo or dancers, Dance teams and singles skaters who currently are members of the US Junior National Team, US National Team and foreign international team members.

OFF ICE TRAINING

The 7,500 sq. ft. Athletic Performance Center is housed inside the Ice House is on the 2nd floor. The Ice House's spacious multi purpose room is also located on the 2nd floor.

The strength training and conditioning program focuses on building strength and cardiovascular conditioning. Exercises to facilitate jump height and quickness of rotation (off ice jumps) will also be included. This program is designed to meet the needs of each figure skater. A full time highly qualified strength and conditioning staff coordinates the program with access to a wide array of additional services including sports medicine physicians, massage therapy and physical therapy. For more information contact the Athletic Performance Center @ (201) 487-8444.

Specific benefits of the off ice dance program are to reinforce body position and extension, enhance creative and artistic expression and musicality. The classes also provide a sense of camaraderie in a fun and energetic atmosphere where skaters can rise to the challenges of different techniques and choreography styles. For more information contact our coordinator Christine DeVito @ (201) 801-0105. Classes and private instruction are offered in ballet and strength and conditioning.

The daily off ice stretch class will improve the skaters' ability to prevent injury, flexibility, turn out and extension. Focused on complete body stretching with attention to posture, skaters will be taught how to apply these skills to their on ice programs to aid in spirals, spins and connecting moves presentation.

The 2006 Summer School begins June 26 and continues through September 1, 2006.

Applications will be accepted on a first come first served basis and will be processed in the order they are received. It is recommended you send in your application as soon as possible, as there is no guarantee on any session requested.

WEEKLY ICE FEES

GOLD PACKAGE \$230 weekly

- **3 on ice sessions daily (Monday-Friday)**
- **One Off Ice stretch class daily (Monday-Friday)**
- **One Off Ice Conditioning or Dance class daily (Monday-Friday)**
- **Additional Freestyle session(s) purchased on a weekly basis at a rate of \$37.50 per session**

SILVER PACKAGE \$200

- **2 on ice sessions daily (Monday-Friday)**
- **One Off Ice stretch class daily (Monday-Friday)**
- **One Off Ice Conditioning or Dance class daily (Monday-Friday)**
- **Additional Freestyle session(s) purchased on a weekly basis at a rate of \$42.50 per session**

BRONZE PACKAGE \$165

- **1 on ice session daily (Monday-Friday)**
- **One Off Ice stretch class daily (Monday-Friday)**
- **1 Off Ice Conditioning or Dance class daily (Monday-Friday)**
- **Additional Freestyle session(s) purchased on a weekly basis at a rate of \$47.50 per session**

FLEXIBLE PLAN:

To accommodate those skaters who need additional flexibility we are offering

The following additional forms of payment:

- * **10 Pass Session Card (60 expiration date) \$95**
- * **On Ice walk on rate per session \$12**
- * **Stretch class Walk On rate \$15**
- * **Conditioning or Dance class Walk On rate \$20**

2006 SUMMER HOUSING

Arrangements have been made with several families to take in out of town skaters and provide them with room and board. Transportation back and forth to the rink will also be provided. The cost will be approximately \$300 per week or \$75 per day. Airport transportation may be provided at an additional cost. Please call the Ice House if you are interested in housing.

TEST SESSION DATES

The American Academy Figure Skating Club will be hosting multiple test sessions throughout the summer. The dates are:

July 25 August 23

For more information please call the American Academy FSC Test Chair Angel Taylor @ (973) 727-1192.

ICE HOUSE ADULT TRAINING CAMP

DATES: June 30-July 2, 2006
COST: \$250-\$300

The Ice House is conducting its 5th annual Adult Training Camp, which attracts skaters from all over the United States. The 2-½ day camp touches on all aspects of Adult skating. The Camp is headlined by World & Olympic coach Craig Maurizi as well as several other world class skaters and coaches including 2006 Olympians Emily Hughes, Marcy Hinzmann, Aaron Parchem and Vakhtang Murvanidze, World and Olympic Choreographers Peter Tchernychev and Zuzanna Szwed, and others.

MORAN MEMORIAL CHAMPIONSHIPS

DATES: August 25-27, 2006

For an application call the Ice House or go online to www.aafsc.org

In conjunction with the American Academy FSC the Ice House hosts the annual Moran Memorial Championships. This competition has events from Basic Skills to Senior events and attracts nationally recognized judges and skaters.

PAYMENT

ALL FEES must accompany the application with the balance due before arrival if your contract total is less than \$500. 50% of the total contract is due if the total exceeds \$500 with the balance due at least one week prior to the first day of skating.

We will accept only ONE contract per skater.

There will be no special packages, rebates, substitutions or make up's for missed sessions (including test session dates and competitions).

If a refund is necessary for medical reasons the request must be accompanied with a doctor's note. The injury/illness must have a duration longer than 10 skating days.

There will be a \$25 charge for each change made after reservations are confirmed and schedule changes are subject to availability.

An administrative fee of \$50 is assessed for all cancellations prior to May 1, 2006. After May 1 those who cancel any part of their contract will be charged 25% of the total balance.

The Ice House reserves the right to adjust the schedule to accommodate special circumstances such as test sessions and other emergency situations.

Please make checks payable to THE ICE HOUSE.

REGISTRATION

For further information and to request a registration form you can contact:

**The Ice House
111 Midtown Bridge Approach
Hackensack, NJ. 07601**

P: (201) 487-8444 ext. 232

F: (201) 498-1250

www.icehousenj.com

2006 SUMMER SCHOOL APPLICATION

Skater's Name _____ Age _____
 Date of Birth _____ M _____ F _____ Parent/Guardian Name _____
 Mailing Address _____ City _____ State _____
 Zip Code _____ Country _____ Email _____
 Phones: Home _____ Work _____ Cell _____
 Coach Name/Phone _____
 Highest Test Passed: Freestyle _____ MIF _____ Dance _____ Pairs _____

PLEASE CIRCLE WEEKS ATTENDING

Week 1 (June 26-30) Week 2 (July 5-7)
 (Rink closed 7/3-7/4) Week 3 (July 10-14) Week 4 (July 17-21) Week 5 (July 24-28)

Week 6 (July 31-Aug. 4) Week 7 (Aug. 7-11) Week 8 (Aug. 14-18) Week 9 (Aug. 21-25) Week 10 (Aug. 28-Sept. 1)

PLEASE CIRCLE THE ON ICE SESSIONS YOU WILL BE SKATING:
 (Please note – After the first week of your contract you CAN NOT change it.)

RINK 1	2 nd RINK (check daily rink assignment)
M T W R F 6:30am - 7:15am Low/Med/High	M T W R F 7:50am - 8:35am Low
M T W R F 7:15am - 8:00am Low/Med/High	M T W R F 8:35am - 9:20am Low
M T W R F 8:10am - 8:55am Medium	
M T W R F 8:55am - 9:40am Medium	
M T W R F 9:50am - 10:35am High	M T W R F 12:10pm - 12:50pm Pairs/Dance/Elite
M T W R F 10:35am - 11:20am High	M T W R F 12:50pm - 1:30pm Pairs/Dance/Elite
M T W R F 11:30am - 12:15pm Low	
M T W R F 12:15pm - 1:00pm Low	
M T W R F 1:10pm - 1:55pm Medium	M T W R F 3:15pm - 3:55pm Pairs/Dance/Elite
M T W R F 1:55pm - 2:40pm Medium	M T W R F 3:55pm - 4:35pm Pairs/Dance/Elite
M T W R F 2:50pm - 3:35pm High	
M T W R F 3:35pm - 4:20pm High	
M T W R F 4:30pm - 5:15pm Low/Med/High	T R 6:15pm - 7:00pm ADULT
M T W R F 5:15pm - 6:00pm Low/Med/High	T R 7:00pm - 7:45pm ADULT

PLEASE CIRCLE THE OFF ICE CLASSES YOU WILL BE TAKING:
 Please note – Once your contract begins you CAN NOT change it.

STRETCH CLASS	STRENGTH/CONDITIONING CLASS: M,W,F	BALLET CLASS: T,R
M T W R F 7:00am - 7:30am Low	M T W R F 9:30am - 10:30am Low	
M T W R F 7:30am - 8:00am Medium	M T W R F 11:15am - 12:15pm Medium	
M T W R F 8:15am - 8:45am Low/Med/High	M T W R F 12:15pm - 1:15pm High	
M T W R F 9:00am - 9:30am High	M T W R F 1:45pm - 2:45pm Pairs/Dance/Elite	
M T W R F 10:45am - 11:15am Pairs/Dance/Elite	M T W R F 2:45pm - 3:45pm Low/Med/High	

GOLD PACKAGE # of weeks _____ x \$230 = \$ _____ + extra session x \$37.50 per week = \$ _____ - 40% discount for week 2 = \$ _____
 50% deposit due when application is submitted = \$ _____ (Balance payable on or before June 25):
 \$ _____ **TOTAL DUE**

SILVER PACKAGE # of weeks _____ x \$200 = \$ _____ + extra session x \$42.50 per week = \$ _____ - 40% discount for week 1 = \$ _____
 50% deposit due when application is submitted = \$ _____ (Balance payable on or before June 25):
 \$ _____ **TOTAL DUE**

BRONZE PACKAGE # of weeks _____ x \$165 = \$ _____ + extra session x \$47.50 per week = \$ _____ - 40% discount for week 1 = \$ _____
 50% deposit due when application is submitted = \$ _____ (Balance payable on or before June 25):
 \$ _____

RINK IS CLOSED JULY 3 & 4
40% discount on Package Rate for Week 2
ONE CONTRACT PER SKATER FOR THE ENTIRE SUMMER
CONTRACTS CAN NOT BE CHANGED FOR ANY REASON AFTER THE FIRST WEEK

2006 ICE HOUSE SUMMER SCHOOL AGREEMENT

PAYMENT INFORMATION

ALL FEES must accompany the application with the balance due before arrival if your contract total is less than \$500. 50% of the total contract is due if the total exceeds \$500 with the balance due at least one week prior to the first day of skating.

There will be no special packages, rebates, substitutions or make up's for missed sessions (including test session dates and competitions).

If a refund is necessary for medical reasons the request must be accompanied with a doctor's note. The injury/illness must have a duration longer than ten skating days.

There will be a \$25 charge for each change made after reservations are confirmed and schedule changes are subject to availability.

An administrative fee of \$50 is assessed for all cancellations prior to May 1, 2006. After May 1 those who cancel any part of their contract will be charged 25% of the total balance.

The Ice House reserves the right to adjust the schedule to accommodate special circumstances such as test sessions and other emergency situations.

PARTICIPANT WAIVER AND RELEASE OF LIABILITY

I acknowledge and assume all risks of injury associated with participation in the ICE HOUSE'S skating programs. I also agree that Midtown Bridge LLC d/b/a ICE HOUSE ("ICE HOUSE"), and any and all of its current or former directors, officers, members, employees, attorneys, representatives, insurers, agents, successors, and assigns (individually and collectively the 'RELEASEES'), shall not be liable to me or my child for any injury or damage, however caused, resulting directly or indirectly from my child's participation in any ICE HOUSE programs at any time proceeding, during or after such program is in session. I further understand that no medical, dental, or accident insurance is provided to any ICE HOUSE program participant, including my child, and I, by the ICE HOUSE.

I release, discharge, and promise not to sue the RELEASEES from and with respect to any and all claims, actions, suits, liabilities, or damages whatsoever which against the RELEASEES, my child and I have, or hereafter can, shall or may have for, upon, or by reason of any injury or damage to me or my child. I intend this release to be a general release of any and all claims to the fullest extent permissible by law.

I agree to indemnify and hold harmless the RELEASEES from and injury or damage, however caused, sustained by an invitee or guest if either me or my child resulting directly or indirectly from that invitee or guest's participation in any and all ICE HOUSE programs at any time proceeding, during, or after such program is in session.

I grant ICE HOUSE the right to use all photographs or videos taken of me or my child during any ICE HOUSE programs for advertising and promotional purposes.

By signing below I understand and will adhere to the payment policies and the participant waiver stated above.

SKATERS NAME (please print) _____

PARENTS NAME (please print) _____

SIGNATURE _____ DATE _____

2006 SUMMER SCHOOL SCHEDULE

JUNE 26 – SEPTEMBER 1, 2006

ON ICE SCHEDULE (MONDAY-FRIDAY)

OFF ICE SCHEDULE (MONDAY-FRIDAY)

RINK 1

ATHLETIC PERFORMANCE CENTER

6:30am-7:15am	Low/Med/High
7:15am-8:00am	Low/Med/High
8:10am-8:55am	Medium
8:55am-9:40am	Medium
9:50am-10:35am	High
10:35am-11:20am	High
11:30am-12:15pm	Low
12:15pm-1:00pm	Low
1:10pm-1:55pm	Medium
1:55pm-2:40pm	Medium
2:50pm-3:35pm	High
3:35pm-4:20pm	High
4:30pm-5:15pm	Low/Med/High
5:15pm-6:00pm	Low/Med/High

7:00am-7:30am	Low Stretch
7:30am-8:00am	Medium Stretch
8:15am-8:45am	Low/Med/High Stretch
9:00am-9:30am	Pairs/Dance/Elite
9:30am-10:30am	Low S&C/ Ballet
10:45am-11:15am	Pairs/Dance/Elite Stretch
11:15am-12:15pm	Medium S&C or Ballet
12:15pm-1:15pm	High S&C/Ballet
1:45pm-2:45pm	Pairs/Dance/Elite S&C/Ballet
2:45pm-3:45pm	Low/Med/High S&C/Ballet

2ND RINK (CHECK DAILY RINK ASSIGNMENT) (MONDAY-FRIDAY)

7:50am-8:35am	Low
8:35am-9:20am	Low
12:10pm-12:50pm	Pairs/Dance/Elite
12:50pm-1:30pm	Pairs/Dance/Elite
3:15pm-3:55pm	Pairs/Dance/Elite
3:55pm-4:35pm	Pairs/Dance/Elite

(TUESDAY & THURSDAY ONLY)

6:15pm-7:00pm	Adult Open Session
7:00pm-7:45pm	Adult Open Session

Ice Etiquette & Safety Guidelines

Courtesy

First and foremost is courtesy. It is essential to respect the rights of other skaters and be constantly aware of who is around you. If you seem to be surrounded by skaters of significantly greater or lesser skills, be especially careful! Strive to avoid collisions!

“On Program” and “In Lesson” Get Priority

The skater who is “on program” (who’s music is playing) has the right of way at all times, and other skaters are expected to give them free maneuvering room. Second in priority are those skaters who are currently in lessons with their pro. Always yield to these skaters as well. Be on time for your sessions, especially after a resurface. Use every minute of your ice time to the maximum. Say, “excuse me”, if you can see that another skater does not see you coming. Say “I’m sorry” when you accidentally get in someone else’s way, especially if they had the right of way.

Lutz Corners

Because of the nature of the Lutz jump, it is most commonly performed in the 10:00 and 4:00 corners of the rink (except for clockwise jumpers). These corners are informally called the “Lutz Corners”, and can usually be identified by the unusually large concentration of divots in the ice. Strive to avoid long-term practice activities in these corners, and try to be especially aware of your surroundings when you are in them. Remember that the approach to a Lutz is long and blind. The skater doing the Lutz is not likely to see you.

Dangerous Singles Moves

When you are practicing elements like camel spins and back spirals be especially aware of the danger your exposed blade poses to other skaters. Recognize that once you’ve started the element it will be hard for you to see those around you. Take a good look at your expected “space” before you start the element, and abort it if it looks like you could cause a problem. Practice spins in the center of the rink and jumps at either far end to avoid problems.

Watch out for Pairs Skaters

When Pair or Dance Teams are practicing on the same session as you, be aware that two skaters moving together take up more room than one, and generally can’t react as nimbly or quickly as a single skater. If they are doing lifts, be aware that once a lift is started, the skaters are pretty much committed to their “path”, and that getting into that path can be dangerous for both you and them.

Falls and Injuries

If you should fall, get up quickly. Remember that the other skaters will have a much harder time seeing you when you are down low on the ice. Don’t stay there any longer than you have to. While falling, remember to keep your fingers away from your blades. And learn to fall properly so that you can protect your head as much as possible. Learn to keep “loose” when you fall and this will help you to avoid breaking things.

If you see someone else that has fallen and may be injured, don’t just drag them off without being certain that doing so won’t hurt them further. If you suspect that someone else is seriously hurt, the best thing to do is, 1) have someone stand “guard” over them to make sure that the other skaters avoid

collisions with them, and 2) get a qualified person (EMT) to come and help them. A blanket or warmup jacket/sweatshirt laid over them might help to keep them warmer while waiting for qualified help to arrive.

Predictability

As you skate more, you'll get to the point where you'll recognize that a practice session has a certain "rhythm" to it. People tend to do pretty "expectable" or "predictable" things, and you can usually pretty much guess where somebody else is going, based on what they're doing when you see them (the normal approaches to each jump or spin are pretty recognizable). If you're a "wrong way" skater (clockwise jumper) be aware that other skaters will probably guess wrong about your intentions pretty often. If you have clockwise jumpers in your rink, try to recognize them and adjust your expectations accordingly. Try not to skate or behave in a way that would surprise other skaters. If you're standing near the boards, don't enter the flow of skaters without checking to make sure you're not going to get into someone else's way. Pay special attention when skating away from the boards. Always look in both directions first.

Don't Stand Around

Refrain from standing around and visiting on the ice. This wastes expensive ice and presents additional hazards for other skaters to avoid. If you must chat or stop to rest, please do it off the ice-go to the penalty boxes, or the boards. Stay moving – standing around means someone has to maneuver around you, which can cause an accident.

No Littering

Please do not litter or leave anything on the ice. Be sure to keep track of your used tissues, tissue boxes, and guards. Items left on the ice may severely damage the Zamboni, and it is inconsiderate to others to leave used tissues along the boards.

Music Playing Procedure

This insures every skater will have an opportunity to get his/her music played. The procedure will be as follows: Pro request will automatically be placed at the front of the line. However, we will not play an unlimited number of Pro requests ahead of the non – lesson request. We will allow a maximum of one Pro request to the front of the line. After the Pro request is played, we will play a non lesson then another Pro request then a non – lesson etc. Skaters can only play their music once a session unless ALL other programs have been played already. There will be NO restarting of a program with programs waiting to be played. If a skater does not get their music played on a particular session, that skater will have priority on the next session with getting their music played. The skater cannot go ahead of lesson requests but will have the priority over skaters who had a program played that day already. If there isn't a music monitor on a particular session, it is the responsibility of the skater's and the Professional Staff to adhere to these guidelines. The Pro or skater must be aware of who is in a lesson and who is not when placing their program in line. If you are not sure who is in a lesson then please ask the skater or coach. To help with knowing if a particular program is a skater or Pro request you should do the following:

1. Cassettes: Pro request should have cassettes standing up and skaters should have them laying down.
2. CD's: Pro request should have the label facing the rink and skaters should have their labels facing backwards. All CD programs should be standing on their end.