

Please detach, complete & mail/10 form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Age \_\_\_\_\_

Parent(s) \_\_\_\_\_

Home Phone \_\_\_\_\_

Work/Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

Check session you wish to register for:

Age 5-7    #1    #2    #3

Age 8-10    #4    #5    #6

Parental Consent: I hereby consent to the giving of emergency care or treatment to my child by anyone of the professional, medical or nursing staff of any hospital available which in their judgment is required in case of an accident or medical emergency incurred during the said child's registration in or about the building or grounds of the arena. The hospital and its staff may consider this consent to be valid until notified to the contrary in writing by the person signing this consent.

Signature of parent/guardian \_\_\_\_\_

Physician's name \_\_\_\_\_

Physician's phone \_\_\_\_\_

Hospital Preferred \_\_\_\_\_

## POWER SKATING CLINIC

*Some of the skills covered in this clinic:*

\*Lengthening Forward Stride\*

Power Turns\*Speed

Drills\*Edges\*Crossovers\*Quick

Starts/Power Stops\*Backward

Stride\*Acceleration through power turns  
and cornering

### Skaters are to wear FULL HOCKEY EQUIPMENT

Refunds are granted only for medical reasons,  
and must be accompanied with a doctor's letter.  
A \$10 processing fee will be deducted.

*Class size is limited and registrations are  
taken on a first come-first serve basis*

Make checks payable to:  
**POWER SKATING CLINIC**  
Send form and fee to:

Zoe Hill  
5819 S. Pike Lake Rd.  
Duluth, MN 55811

Any questions can be directed to:  
[DLHPowerSkate@aol.com](mailto:DLHPowerSkate@aol.com)

OR

Zoe Hill 218-729-9721  
Sue Lien 218-349-3246

No official confirmations will be sent, **so please  
keep the following schedule for your  
reference.**

Watch schedule closely as times & location  
vary!

### #1 5-7 year old \$75

June 15, 17, 22, 24, 29  
4:45-5:45

Mars

### #2 5-7 year old \$75

Sept 10 5:30-6:30  
14 6:45-7:45  
17 5:30-6:30  
21 6:45-7:45  
28 6:45-7:45

Mars

### #3 5-7 year old \$90

Oct. 15 5:30-6:30  
Oct. 16 2:00-3:00  
Oct. 17 2:00-3:00  
Oct. 22 5:30-6:30  
Oct. 23 2:00-3:00  
Oct. 24 2:00-3:00

Heritage

### #4 8-11 year old \$75

June 15, 17, 22, 24, 29  
5:45-6:45

Mars

### #5 8-11 year old \$75

Sept 10 6:30-7:30  
16 6:45-7:45  
17 6:30-7:30  
23 6:45-7:45  
30 6:45-7:45

Mars

### #6 8-11 year old \$90

Oct. 15 6:30-7:30  
Oct. 16 3:00-4:00  
Oct. 17 3:00-4:00  
Oct. 22 6:30-7:30  
Oct. 23 3:00-4:00  
Oct. 24 3:00-4:00

Heritage