

Strength and Conditioning Classes

Instructor – Scott Mercer

September 8, 2020 to December 13, 2020

These classes will take place on ZOOM (Scott will provide the link following registration).

***NOTE - Classes are taken at own risk and **NOT** covered under the Skate Canada insurance program. If you wish to participate, you must also complete the waiver below and return to: skating@sportnl.ca

Eligibility – Skaters working on STAR 5 and higher assessments.

*If space is available, coaches may request participation for a skater that does not meet the criteria above.

Cost: \$150 per skater (2nd skater in same household is \$75)

*payment can be made in full or in 2 equal installments.

Registration Online

<https://skatenf.uplifterinc.com>

Max: 30 skaters

SCHEDULE ***Skaters may choose any/all of classes.

Tuesdays	Thursdays	Saturdays	Sundays
4:00pm-5:00pm	7:00pm-8:00pm	6:00pm-7:00pm	6:00pm-7:00pm

Athletes Personal Information:

Name: _____ DOB ____/____/____

Address: _____

City: _____ Postal Code: _____

Phone: _____

Email: _____

Liability Waiver:

I the undersigned, being aware of my own health and physical condition, and having knowledge that my participation in any exercise program may be injurious to my health, am voluntarily participating in a physical activity.

Having such knowledge, I hereby acknowledge the release of Scott Mercer, Skate Canada NL, any coach, instructor, agent, and governing body from liability for accidental injury or illness which I may incur as a result of participating in online video or live stream training sessions. I hereby assume all risks connected therewith and consent to participate in said programs.

I agree to disclose any physical limitations, disabilities, ailments, or impairments which may affect my ability to participate in said training sessions.

Parents Signature: _____ Date: ____/____/____

Signature (if 18 and older): _____ Date: ____/____/____