



Skate NL

Strength and Conditioning Classes

Instructor – Scott Mercer

April 25, 2023 to June 4, 2023

* 6 weeks*

Cost:

Future STARS - \$40 per skater (one online session per week)

STAR 3 and higher skaters - \$100 per skater (any number of sessions per week)

Registration: <https://skatenf.uplifterinc.com/registration/>

SCHEDULE

Tuesday	Thursday	Saturday	Sunday
7:00pm-7:50pm *Online	7:00pm-7:50pm *Macdonald Dr Jr. High	10:00am-10:30am *Future STARS online*	10:00am-10:50am *Online
	8:00pm-8:50pm *Online	10:30am-11:20am *Online	11:00am-11:50am *Macdonald Dr Jr. High
		11:30am-12:20pm *Macdonald Dr Jr. High	

***NOTE – Class taken via ZOOM are **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

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: ____/____/____

****This form ONLY needs to be completed if you plan to take part in ZOOM classes.***

Send to skating@sportnl.ca prior to first class.