

Winter Skating Workshop

Friday January 6, 2023



Featuring
Guest Coach

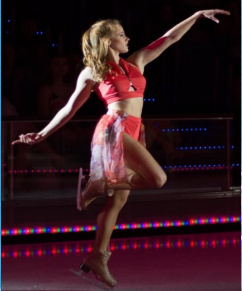
Tom Hickey, Director of Figure Skating & Head Coach
at Shattuck St. Mary'

Tom has coached National, International, and Jr. World Championship competitors; Tom is PSA Master-Rated and has a PSA Level V Ranking, specializing in on and off-ice jump skills. He developed programs such as "Power Plus" (Figure Skating & Hockey) and the Coaches Education Program (CEP). He has also directed schools and elite training facilities in Niles, IL, Bethlehem, PA, and Twin Rinks Ice Pavilion (DuPage FSC) in Buffalo Grove, IL.

Angela Como, Certified Ballet for Figure Skaters Instructor, Past Performer with Holiday on Ice, and Current American Ice Theatre Performer

Liz Mcshane-Beberdick - Ice-Semble Chicago Co-Founder & current Co-Artistic Director, responsible for show production since 1997. Former Ice Capades performer with a PSA Senior Choreography Rating. Over 30 years of coaching experience with all levels of figure skating.

Ola Czyzewski - Co-Artistic Director of Ice Semble Chicago's Spring Repertories Professional Skater with Willy Bietak Productions on Royal Caribbean Cruise Ships, Holiday on Ice, and Dynamic Ice Entertainment from 2015-2022, 2020 American Ice Theater's Young Artists Showcase Finalist, 10+ years of coaching experience
20 Skater minimum. 40 Skater maximum .



Workshop Information

Skaters in Gamma/Basic 6 through Freestyle Levels are invited to participate.

Skaters will be split by level based on registration.

Coaches may attend for free with 4 registered students.

Workshop Topics

Single and Double Jumps, Off Ice Jump Techniques, Making the Connections Moves in the Field + Ballet + Spins + Jumps, Athlete Body Care and the importance of Consistent Training ,Ballet for Figure Skaters, and Performance and Presentation.

Tentative Workshop Schedule

TIME/Friday 1-6-23	ON ICE	OFF ICE
6am-7am	Possible private lessons with Tom for an additional fee.	Skaters will have to pay for ice time and lesson.
7am-8am	Possible private lessons with Tom for an additional fee.	Skaters will have to pay for ice time and lesson.
8am-9am	Possible private lessons with Tom for an additional fee.	Skaters will have to pay for ice time and lesson.
9am-9:15am		Check in
9:15am-9:30am		ALL Skaters Welcome
9:30-am10:15am		Both Group A and B Off Ice with—Coach Tom
10:25am-11:20am	Group B—Coach Tom	Group A – Coach Angela— Skates On Ballet Off Ice
11:30am-12:15pm	Group A – Coach Tom	Group B – Coach Angela— Skates On Ballet Off Ice
12:15pm-12:45pm		Lunch Groups A and B
12:55pm-1:40pm	Group A – Liz McShane and Ola Czyzewski of Ice Semble' Chicago	Group B - Coach Tom
1:50pm-2:35pm	Group B – Liz McShane and Ola Czyzewski of Ice Semble' Chicago	Group A - Coach Tom
2:45pm-3:15pm	Group B - Coach Tom	Group A – Ola Czyzewski Performance and Presentation
3:25pm-4:10pm	Group A - Coach Tom	Group B – Ola Czyzewski Performance and Presentation
4:10pm-4:30pm		Both Group A and B Off Ice with—Coach Tom—Parents welcome to attend.
5pm-6pm	Possible private lessons with Tom for an additional fee.	Skaters will have to pay for ice time and lesson.
TIME/Saturday 1-7-23	On Ice	
6am-7am	Possible private lessons with Tom for an additional fee.	Skaters will have to pay for ice time and lesson.
7am-8am	Possible private lessons with Tom for an additional fee.	Skaters will have to pay for ice time and lesson.
8:10am-9:10am	Possible private lessons with Tom for an additional fee.	Skaters will have to pay for ice time and lesson.
9:10am-9:40am	Possible private lessons with Tom for an additional fee.	Skaters will have to pay for ice time and lesson.

Additional Information

All skaters should bring a mat, hard skate guards, good gym shoes, water, pen, paper, and a lunch.

Schedule is subject to change based on enrolment.

No refunds unless the facility cancels event.

Private Lessons will be available with Tom Hickey on Friday January 6 and Saturday January 7 for those participating in the workshop.

Subject to change based on enrollment.

Workshop Fees and Registration Date Information

Registration opens on November 7, 2022.

Registration form, skater information form, and payment, must be completed no later than December 10, 2022.

All forms with payment should be e-mailed to
Aforbes@niles-parks.org

Team IceLand Gold Club and Niles Residents: \$85.00

Windy City Figure Skating Club Members: \$95.00

All other participants: \$115.00

Coaches who have at least 4 primary students participating may attend for free to observe.

Workshop Skater Information Form

Skater's Name: _____

Parent's Names: _____

Primary E-Mail: _____

Skater's Home Rink: _____

ISI Level: _____

USFS/LTS USA LEVEL: _____

Primary Coach: _____

Primary Coach's E-Mail: _____

Emergency Contact #1 : _____

Cell Phone Number: _____

Emergency Contact #2 : _____

Cell Phone Number: _____

Are you interested in private lessons with Coach Tom?: _____

*If so someone from our staff will contact you. Workshop fee does not cover private lesson fee or ice time fee for lessons.

Allergies?: _____

Other Important Information we should be aware of for your skater: _____





Winter Skating Workshop Registration Form

Primary Household Contact: _____

Address: _____

Email: _____

Home Phone: (____) _____ - _____ Work/Cell Phone: (____) _____ - _____

Program Code	Sec.	Program Title	Day	Fee	Registrant's First & Last Name	Age- M/F	Birth Date
433109	04	1-6-23 Workshop	Fri.	\$			
				\$			
				\$	Total Fees		

All Registration must be done through e-mail to:
 Amy Forbes at
 Aforbes@Niles-Parks.org with completed form and payment.

Credit Card Information

Name: _____ Exp. Date: ____/____
 Signature: _____ Amt.: \$_____.
 Card Number: _____ - _____ - _____ - _____

Payment Method:
 *Visa
 *Master Card
 *Discover Card

ICE-SKATING PROGRAM WAIVER & RELEASE IMPORTANT INFORMATION

The Niles Park District is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The Niles park District continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for this program must recognize that there is an inherent risk of injury when choosing to participate in recreational activities. You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for ice-skating activities. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

WARNING OF RISK

Ice-skating is intended to challenge and engage the physical, mental and emotional resources of the participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury, including but not limited to head injury, neck or back injury, wrist and ankle fractures, and other orthopedic injuries to limbs and joints. All hazards and dangers cannot be foreseen. The very nature of ice- skating is risky, including but not limited to slip and falls, colliding with other players of varying degrees of skill (including being struck from behind), tripping on irregular ice surfaces, cuts from skate blades, inadequate or defective equipment, ill-fitting skates, failure in supervision or instruction, horseplay, carelessness, poor technique, poor conditioning, rule violations, striking a stationary object, premises defects outside the rink, and all other risks inherent to the sport of ice-skating. In this regard, it must be recognized that it is impossible for the Niles Park District to guarantee absolute safety.

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing up and participating in the above identified programs/activities, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with said programs/activities (including transportation services/vehicle operation, when provided). I recognize and acknowledge that there are certain risks of physical injury to participants in these programs/activities, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in all these programs/activities against the Niles Park District, including its officials, agents, volunteers and employees (here-in after collectively referred as "District"). I do hereby fully release and forever discharge the District from any and all claims for injuries, damages, or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with these programs/activities. If registering on-line or via fax, your on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature. Additionally, by signing this form, I am certifying that I qualify for the rate charged (i.e. If resident rate was charged, I am/my children are residents of the Niles Park District). If this is proven untrue, I realize that my park district privileges may be suspended or revoked. Photos are periodically taken of participants in a class, during a special event or at the District's parks. Please be aware that these photos are for Park District use only and may be used in the District's publications.

I have read and fully understand the above important, warning or risk, assumption of risk and waiver and release of all claims. PARTICIPATION WILL BE DENIED if the signature of adult participation or parent/guardian and date are not on this waiver.

NO REFUNDS for Workshop

Signature: _____ Date: _____ Staff Initials: _____