

Skaters Name (Please Print) \_\_\_\_\_

Parent or Guardian name if under 18 (Please Print) \_\_\_\_\_

**Waiver and Release**

I, the undersigned, hereby acknowledge that I have voluntarily applied to participate in or if I am the parent or legal guardian, I have applied to place my child or minor for which I am responsible, in the Learn to Skate Cincinnati Program. By enrolling myself or my child or minor, I represent that I, or my child or minor am/is physically fit and am aware of no medical or health reasons why I/he/she should not participate in the activities that take place during the 2019/2020 skating season of the Learn to Skate Cincinnati Program and that the following is a list of all my child or minor's health conditions:

\_\_\_\_\_ Initial

I am aware that participation in the Learn to Skate Cincinnati Program by myself or my child or minor will result in the engagement of physical activities, and am voluntarily participating in these activities with the knowledge of the danger involved and hereby agree to accept any and all risks of injury or death.

\_\_\_\_\_ Initial

As lawful consideration for being permitted by Learn to Skate Cincinnati, LLC, Northland Ice Center, Martini on Ice, LLC, d/b/a Sports Plus, Cincinnati Gardens, Inc., or one of its affiliated organizations to participate in these activities and use their facilities, I hereby agree that I, on behalf of myself or my child or minor, my or their heirs, distributees, guardians, legal representatives and assigns will not make a claim against, sue, attach the property of, or prosecute Learn to Skate Cincinnati, LLC and/or its agents officers or directors, Northland Ice Center, Martini on Ice, LLC, d/b/a Sports Plus and/or any of its affiliated organizations and/or its agents officers or directors, Cincinnati Gardens Inc. and/or any of its affiliated organizations and/or its agents, officers or directors, for injury or damage resulting from negligence or other acts, howsoever caused, by any employee, agent or contractor of Learn to Skate Cincinnati, LLC, Northland Ice Center, Martini on Ice, LLC, d/b/a Sports Plus or its affiliates, or Cincinnati Gardens, Inc. or its affiliates as a result of my participation in the Learn to Skate Cincinnati Learn to Play Hockey Program.

I have carefully read this agreement and fully understand its contents. I am aware that this is a release of liability and a contract between myself and Learn to Skate Cincinnati, LLC, Northland Ice Center, Martini on Ice, LLC, d/b/a Sports Plus and/or affiliates or parent company, and Cincinnati Gardens, Inc., and/or affiliates or parent company and have signed of my own free will.

I also agree to adhere to the policies of the Learn to Skate Cincinnati Program

1. 100% Refund before the first class - \$ 5 processing fee applies to all refunds
2. 75% refund after the first class
3. 50% refund after second class
4. No refund after 3<sup>rd</sup> week without verification of medical reasons.
5. \$30 fee on all returned checks
6. There are no make-up classes, recurring 12 month registration available at office
7. LTS Cincinnati reserves the right to cancel or rearrange classes according to enrollment.
8. Parents may not view class from player benches. Bleacher are available for viewing purposes.

# HOCKEY O.N.E. ACADEMY

## One New Excellence Elite Learn to Play Hockey



### 2020 Fall Elite Hockey Training

*There can be only O.N.E.*

Registration Form—6 weeks

**Winter 1—\$10 discount deadline 1/3**

Sundays 1/5 to 2/9

**Winter 2—\$10 discount deadline 2/14**

Sundays 2/16 to 3/22

***Uniting Cincinnati Youth Hockey***

**[www.learntoskatecincinnati.com](http://www.learntoskatecincinnati.com)**

**513-759-4259**

## VISION

Hockey ONE Academy is an elite academy level Hockey Developmental Program for beginning to intermediate players, which has united the hockey community by its formation. Local youth hockey has followed the lead of Hockey ONE, and merged into one association. We work in partnership with the Cincinnati Swords, so our families receive relevant information regarding events held by the association. We enable our skaters to explore the options which best fit their interests, and assist with information flow regarding tryouts and evaluations. We are your unbiased 3rd party resource. We have aligned our Power Skating Skills with the USA Hockey American Developmental Model to give our players an opportunity to advance their individual skills in preparation for or as a supplement to league play. We encourage players to play other sports to create a well rounded athlete. Our philosophy is to teach the players the correct way to execute hockey skating and puck skills through repetitive motion and touches of the puck. This model of teaching creates muscle memory and instinct. Practicing the right way is how players are able to enjoy the game at their highest potential. After all, you can't enjoy playing hockey if you can't skate, and Learn to Skate is the leading group lesson skating program in the tri-state! Our elite Hockey 5 is the highest teaching level available in Cincinnati, and will get your player ready for wherever they want to play! *Hockey ONE Academy is limited enrollment with an 18 player maximum. If you are wait-listed, we will notify you should a position become available.*

## FORMAT OF PROGRAM

Each session offers 7, 6 or 5 (depending on time of year) thirty minute power skating classes, twenty minute off-ice conditioning, and thirty minute stick and puck practices. All sessions will primarily focus on individual player development. You must meet minimum skating requirements for this elite program..

## FORMAT OF CLASSES—SUNDAYS

### ISD

**12:30pm to 12:50pm**—Off Ice Warm Up will consist of un-weighted Balance and Plyometric drills to enhance players strength and balance. Players will need to wear the bottom half of the hockey gear with gym shoes.

**1:30pm to 2:00pm**—On Ice Individual Skill Development will consist of stick handling, shooting, and passing drills.

### Power Skating

**1:00pm to 1:30pm**—On Ice Power Skating drills will focus on Edges, Stride, and Power. These power skating classes will excel your players Individual Skill Development. There will be no sticks or pucks during this part of class.

## STAFF-

**Director**—Kyle Cook, USA Hockey

**Head Coach**—Gunnar Dircks

**ISD and Power Skating Coaches**— Bill Anthony and Parnell Cohron



## Hockey O.N.E. Academy - Home of the "Elite Eighteen"

### 2020 Winter 1 & 2

Home Phone

Parents Name

Cell Phone

Address

City

State

Zip

Email

Player Name

Player Birthdate

	Class Choice	Price
<input type="radio"/> Hockey 2	Power Skating	\$170
<input type="radio"/>	Individual Skill Development	
<input type="radio"/>	Off-ice training	
<input type="radio"/> Hockey 3	Power Skating	\$170
<input type="radio"/>	Individual Skill Development	
<input type="radio"/>	Off-ice training	
<input type="radio"/> Hockey 4	Power Skating	\$170
<input type="radio"/>	Individual Skill Development	
<input type="radio"/>	Off-ice training	
<input type="radio"/> Hockey 5	Power Skating	\$170
<input type="radio"/>	Individual Skill Development	
<input type="radio"/>	Off-ice training	

Discount if applicable

(\$10)

Total