



2010/2011

**Welcome all skaters and future skaters!** All Skate is a learn to skate program which follows the U.S. Figure Skating Basic Skills program. Our goal is to instruct all levels of participants in the various disciplines of skating - hockey, figure skating, speed skating and recreational skating, assisting each participant to develop the necessary skills to enjoy skating for life. Basic Skills is proudly endorsed by U.S. Speedskating, USA Hockey, and the Special Olympics, as it offers skill badges in all of these areas, in addition to the skill badges for U.S. Figure Skating. When you register for the All Skate Program at Cornerstone you will receive high quality instruction in an 8 week program format. Skaters will have the opportunity to track their development and progress, and to bridge into other organizations at Cornerstone - Green Bay Area Youth Hockey, Cornerstone Skating Club, and Team Cornerstone Speed Skating. Each skater will be able to earn badges, as well as ribbons and stickers, to mark their progress and to encourage enthusiastic participation.

**Session 1:** Registration **must** be **received by Sept. 10<sup>th</sup>** or skater will be on waiting list.  
**Sept. 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup>, Oct. 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup>, Nov. 2<sup>nd</sup> & 9<sup>th</sup>**  
**No classes on Oct. 5<sup>th</sup>**

**Session 2:** Registration **must** be **received by Nov. 12<sup>th</sup>** or skater will be on waiting list.  
**Nov. 16<sup>th</sup>, 23<sup>rd</sup>, & 30<sup>th</sup>, Dec. 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup>, Jan. 4<sup>th</sup>**

**Session 3:** Registration **must** be **received by Jan. 21<sup>st</sup>** or skater will be on waiting list.  
**Jan. 11<sup>th</sup> & 25<sup>th</sup>, Feb. 1<sup>st</sup>, 8<sup>th</sup> & 22<sup>nd</sup>, Mar. 1<sup>st</sup>, 8<sup>th</sup> & 15<sup>th</sup>**  
**No classes on Feb. 15<sup>th</sup>**

**Session 4:** Registration **must** be **received by Mar. 25<sup>th</sup>** or skater will be on waiting list.  
**Mar. 29<sup>th</sup>, Apr. 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup>, May 3<sup>rd</sup>, 10<sup>th</sup> & 17<sup>th</sup>**

**NEW POLICY NOTE:** To complete the organizational tasks necessary for the first night of classes, we have set a date for registration to be received 4 days prior to the first class of the session. If you register beyond that date, we will place your child on a waiting list and will do our best to place your skater in the appropriate level for the following week of classes, ensuring 7 weeks instead of 8. There will not be a reduction in cost. We recommend that you register early to avoid this and to guarantee your spot. There is a class limit in place to keep the quality of our program high.

## CLASS FORMAT

**6-6:45 P.M. or 6:35 - 7:20 P.M.**

All badge levels are offered at both times.

**The First Class:** The first night of each session there will be a registration desk at the front of the rink where you will be required to check in and pick up your skaters name badge. Please understand that during that first class we will be evaluating the skaters within their groups to make sure they are at that skill level, so there will be some movement of skaters in each group. Parents will take part in a parent information session approximately 15 minutes into the skating class time

**General Format:** 5 minute warm up, followed by 30 minutes of instruction, both skills and skill related games, and 10 minutes of supervised practice time. The 10 minutes of practice time is at the end of the first class and at the beginning of the second class. The times overlap here, therefore both classes will be on the ice from 6:35-6:45 p.m. together.

## FEES

\$68 per skater - includes all ice time and instruction for that session, membership to USFS for full year & all badges, certificates, or incentives.

## SKATE & HELMET RENTAL

Figure, hockey, and speed skates are available for rental at a cost of \$2.00 per pair, per night. We do recommend that young skaters and those interested in figure skating start there first session on our rental skates. We can assist you in getting a good close fit, likely a size smaller than your skater's shoe size, and can then make recommendations on which size to purchase and places to buy good quality skates. For figure skaters, our rental skates are of much better quality than those offered in local sports stores and provide the necessary level of support to assist you in mastering the badge skills. Helmets are \$1.00 per night, but you may also bring your own hockey or bike helmet. **Helmets are required for all Snowplow Sam, Speed, Special Olympics & Hockey skaters, and are recommended for most other levels. We also advise that your skater wear THIN socks, not thick. The thinner the better to prevent blisters, get a closer fit, which is SO important, and which ultimately keeps their feet warmer.**

## BADGE LEVELS OFFERED

★**Snowplow Sam 1, 2 & 3** - Designed to help preschool through age 6 skaters develop preliminary coordination and strength to maneuver on the ice. Skills include sitting down and standing up on the ice, marching in place, backward wiggles, forward skating, etc. Children will become comfortable on the ice and learn to enjoy being a skater at Cornerstone.

★**Basic Skills 1 through 8** - Fundamentals of the sport of recreational and figure skating. These eight levels introduce forward skating, backward skating, stops, edges,

crossovers and turns. Upon completion of the Basic 1-8 levels, skaters will have the basic knowledge to continue in figure skating or have improved ability in recreational skating.

★**USFSA Figure Skating Program Badges** – Freestyle, Ice Dance, Artistry, & Synchro levels for skaters who have completed the Basic 8 level and are interested in pursuing more advanced figure skating skills in a small group setting.

★**USA Hockey 1-4 & Cornerstone Hockey/Power 5-8** - Designed to teach the fundamentals of hockey skating in 8 badge levels. Skaters will learn to maneuver faster and to increase their agility on the ice. Pucks or sticks will not be allowed, but equipment, jerseys and gloves are optional. All hockey skaters must wear a certified hockey helmet and be on hockey skates. Rentals are available. Skaters who progress through Hockey 4 will learn all of the necessary skills to be successful as they enter the HIP or Mite program through GBAYHA. Hockey/Power 5-8 will continue to offer players power skating principles, improving their specific hockey skating skills beyond the basics.

★**Adult 1-4** - The adult curriculum is designed for the beginner adult skater. The aim is to promote physical fitness and improve balance and coordination while learning proper skating techniques. Adult skaters will progress at individual rates, while being challenged and motivated.

★**Speed Skating 1-4** - The speed skating track introduces basic speed skating techniques for skaters of all ages, after they have learned the fundamentals of skating in Basic Skills 1-4. These techniques include basic position, edges, turns, starts and speed development. Skaters will be ready for racing in the Team Cornerstone Speed Skating program once they have completed Speed 4, and will have the ability to earn levels 5 & 6 while in the Team Cornerstone Speed Skating program.

★**Special Olympics Badge Program** - Can be offered as needed. Offers athletes with a variety of physical and mental abilities and impairments the chance to learn skating skills in a progressive order and earn badges at each level.

## ★Cornerstone All Skate Registration 2010/2011★

Skaters Name: \_\_\_\_\_ Skater's Birthdate \_\_\_/\_\_\_/\_\_\_

Age: \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ (Check one)

Parent(s) Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_ (Please print)

Class Time (Please Circle): 6:00 PM or 6:35 PM

Badge Program & Level (if returning skater): \_\_\_\_\_  
(Please read descriptions: i.e. Snowplow sam, Basic Skills, Hockey, Adult, Speed Skating)

Returning Skater (Please Circle): Yes No

Skating Experience: \_\_\_\_\_

\*\*\*\$25.00 Service Fee on all Returned Checks & no refunds\*\*\*

### Liability Waiver

Please read this form Carefully and be aware that in signing up and participating in the program you will be waiving and releasing all claims for injuries sustained arising out of this program, including transportation services, when provided. As a participant in the program I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of injuries, damages or losses which I may sustain as a result of participating in any and all activities associated with such programs. I do hereby release and discharge the Cornerstone Community Center Inc. and it's officers, agents, volunteers and staff from all claims resulting in injuries or damage and losses due to my participation in the activities provided by these organizations. I further indemnify and hold harmless and defend the named organizations, officers, volunteers and staff all claims resulting from injuries, damages and losses sustained by me and arising out of connection with , or in any way associated with the activities provided. I have read and fully understand Waiver Release of all claims.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Fill out attached registration form & make checks payable to CCC.

Remit to:

**Cornerstone Community Center**  
1640 Fernando Drive, DePere, WI 54115

To receive registration materials please call our office at 920-403-2000 or email  
**shannyh@hotmail.com**.