

BISC ICE DANCE SKATING CAMP – JUNE 2011



FRIDAY 3rd JUNE – SOLO ICE DANCE
7am – 2.30pm

Guest Coach:
HELEN PRIOR

On Ice & Off Ice Activities to include:

- Basics/Edges, Elements
- Lifts (Couples only)
- Music Interpretation, Posture, Presentation
- Ballet, Street Dance, Flex & Stretch
- IJS Presentation + Video Analysis

COST: £28.00 PER DAY

Camp open to NISA Level 1 Compulsory Dance & Above

All skaters will need plenty of drinks, healthy snacks and a packed lunch

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REGISTRATION FORM



SOLO CAMP / FRIDAY 3rd June

Skater information

Full Name: _____

Telephone: _____ Mobile: _____

E-mail: _____ Age: _____

Ice Skating Coach: _____

Highest Skating Level Achieved to date: FM [] CD [] OD [] FD []

DECLARATION OF HEALTH AND READINESS TO EXERCISE

Diabetes Yes / No	Epilepsy Yes / No	Heart Condition Yes / No
Asthmatic Yes / No	Are you taking any medication? Yes / No	
Heart Condition Yes / No	Had a major operation in last 2 years Yes / No	
Are there any other conditions that we should be made aware of that may affect your ability to exercise? Yes / No		
Any current muscle/ligament injuries or exercise restrictions? Yes / No		
List Details (if answered yes to any of the above) and, if appropriate, bring with you inhalers, epi-pens or sugar		

IMPORTANT NOTICE (Please read and sign)

- If you have ticked Yes to any of the above, a consultation with your GP before commencing exercise is strongly recommended.
 - If you have been given any advice from your GP/Physio etc with regards to any form of exercise please give details above.
 - If you have any injury or change in your physical state please inform the instructor prior to commencing any training session.
- I sign to agree all the above to be a true picture of my / my child's physical health and accept responsibility for my own / my child's safety and actions during the camp.

Signed (by parent/guardian if under 18): _____

PLEASE BE ADVISED THAT IF YOUR CHILD IS AGED 10 OR UNDER YOU OR A SUITABLE ADULT MUST SUPERVISE YOUR CHILD DURING THE CAMP.

If your child is 10 years old or under please write the name of the adult responsible for the duration of the Camp + Emergency Contact Info: _____
Tel/Mob: _____

PLEASE HAND IN WITH PAYMENT TO:
DEBBIE STEVENS

OR LEAVE IN MULTI-COLOURED CLUB BOX LOCATED IN RECEPTION POD

Cheque made payable to Bracknell Ice Skating Club
Applications cannot be processed without completion of the form and full payment

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GUEST COACH

SOLO ICE DANCE

HELEN PRIOR **IJS Technical Specialist**

Helen is a Level 3 coach (with coaching experience at Novice, Junior and Senior National/International level) as well as a NISA Gold Star Medallist.

In addition to Helen being a UK Technical Specialist since August 2007 she also became an International Technical Specialist in July 2010.

Helen also holds a Diploma in Fitness Training and Sports Therapy.