

**Waiver / Agreement  
Parental Consent\***

**\*for skaters under the age of 18**

I, the undersigned, acknowledge the inherent risks involved in hockey, ice skating and all sports relating thereto. Accordingly and in consideration of being allowed to participate in any skating activities and/or activities at the Rockville Ice Arena, I agree to the following:

1. I acknowledge and fully understand that I will be engaging in activities that involve risk of serious injury, which may include permanent disability and even death, and severe social and economic losses that might result not only from my action, but also from the action, inaction or negligence of others, through rules of play or the condition of the premises, or any equipment used and further, that there may be risks not known to me or not reasonably foreseeable.
2. I agree that prior to participating in any activity at the Rockville Ice Arena, I will inspect the competition area and all equipment to be used, and if, through my inspection, I determine that anything related to that activity is unsafe, I will immediately advise my coach or an official of the Rockville Ice Arena of this unsafe condition and will not participate until this condition is corrected.
3. I agree to assume all the foregoing risks and accept personal responsibility for my own damages following such injury, permanent disability or death.
4. I release, waive, discharge and covenant not to sue Rockville Ice Arena and all of its respective agents, affiliates, associates, officials, directors, owners and employees (collectively "releasees") from demands, losses or damages on account of any injury, death or damage to property, caused or alleged to be caused in whole or part by releasees or any other party's actions, inactions or otherwise; and agree to indemnify releasees from any and all third-party claims caused in whole or in part by my actions.

I, the undersigned parent or legal guardian, have read the above waiver and release and agree to its terms on behalf of my child and myself.

I understand that by signing below I am giving up substantial rights on behalf of my child and myself.

NAME \_\_\_\_\_ DATE \_\_\_\_\_

The instructor reserves the right to move your child to a different group if she deems it to be in the best interest of your child or the program.



**The Coach**

**MARIANNE WATKINS**

**Hockey Skating Consultant**

One of the most sought after skating coaches in hockey, Marianne Watkins has worked with many of the games top prospects. Players from Pittsburgh Penguins, the Columbus Blue Jackets, Toronto Maple Leafs, Florida Panthers, and Anaheim Ducks have all utilized her expertise in developing their skating skills.

Marianne was featured in Paul Coffey's instructional video, "Skate like a Pro," and on "The Hockey Show" (ESPN/TSN), and was the exclusive skating coach for Wayne Gretzky's Future Stars camps. She was recognized as one of the top instructors in her field at the International Hockey Skating Symposium and is a presenter at USA Hockey clinics.

Marianne conducts seasonal camps throughout the year. She works with RMU NCAA Division 1 Men's and Women's teams. Her teaching is based on 25 years of experience, combining updated North American and European techniques.



**MARIANNE WATKINS  
STEEL POWER**

**THE TEACHER OF THE PROS**

**2018 Mid-Season Power  
Skating Clinic**

**"For the Serious Hockey Player"**

**December 29 -  
December 31**





## Session Levels

<b>Group 1</b> Mite Squirt	Dec 29 Dec 30 Dec 31	<b>5:00p - 5:55p</b> <b>9:00a - 9:55a</b> <b>9:00a - 9:55a</b>
<b>Group 2</b> Peewee	Dec 29 Dec 30 Dec 31	<b>6:05p - 7:00p</b> <b>10:05a - 11:00a</b> <b>10:05a - 11:00a</b>
<b>Group 3</b> Bantam Midget Adult	Dec 29 Dec 30 Dec 31	<b>7:10p - 8:05p</b> <b>11:10a - 12:05p</b> <b>11:10a - 12:05p</b>

### Payment Options:

### Cash, Check, or PayPal

#### Cash or Check

**Fill out this registration form and return it with payment to:**

**Marianne Watkins  
Rockville Ice Arena  
50 Southlawn Court  
Rockville, MD 20850**

#### PayPal

**Send your skater's name and session level along with your PayPal payment to:**

**IceFMS@gmail.com**

**2018 Registration Form  
Please Print**

Skater's Name	
Date of Birth	
2018-19 Team and Level	
Parent/Guardian Name	
Phone Number	
E-mail Address	

**"The biggest improvement you can make to your game is through skating development."**

Steel Power's in-season hockey-specific skating developmental classes will help you take your game to the next level by developing the No. 1 skill of the game

#### **Program Focus**

In Steel Power, all of the basic hockey skating fundamentals are emphasized, solidified and intensified as the lessons progress into high-level skills, which incorporate agility, lateral movement, speed, acceleration, reaction time and maneuverability.

Strength and conditioning drills that emphasize leg and core strength, as well as flexibility, will challenge your discipline and competitiveness. You'll be made more aware of your strengths, weaknesses and personal progress. Ultimately, Steel Power will help you to understand and utilize better skating techniques for today's game.

#### **Equipment**

Each skater must bring full equipment, stick, and labeled water bottle to every class.

**Please circle current level of play**

**Mite      Squirt      Peewee**  
**Bantam      Midget      Adult**

**\$ 130.00 per person**

**(Please Print)  
Sorry - no credit cards**

Office use ONLY	
Payment Type:	Cash / Check
Total Paid_____	Date Paid_____
Cashier Initials_____	