
MEDICAL DATA

****All skaters must have health card with them at camp****

Allergies _____

Medication _____

Other Health Issues _____

MEDICAL RELEASE

In case of illness or accident this is my permission for the official in charge, or his/her deputy to make necessary medical arrangements for me/my child/ward in the event of emergency. I understand that the next of kin will be notified by the quickest possible means if this authority is expressed.

X _____

Signature of participant

X _____

Signature of parent/guardian (if participant is under 18 years)

In case of emergency, please contact:

Name: _____

Address: _____

Phone : _____

In consideration of my accepting this entry, I hereby for myself, heirs, executors, administrators and assigns, waive and release an and all rights to claim damages I may have against the Ontario Speed Skating Association, the Gloucester Speed Skating Club, the Ottawa Pacers Speed Skating Club, the City of Ottawa and their agents, officers or members for any and all injuries suffered by me at the said skating school to be held August 21-25, 2006 at Ottawa, Ontario.

In witness whereof, I have here unto set my hand this _____ day of _____, 2006

X _____

Signature of participant

Signature of parent/guardian (if skater is under 18)

ACCOMODATION

BILLETS are available. Cost is \$80.00 (**skaters only**) payable to the host (not included with camp fee). Please indicate need for a billet on the application form.

CAMPING is available in the area:

Recreationland Camping, Cumberland, Ontario.

Phone: 613-833-2974 Fax: 613-833-1219

WEB. www.rec-land.com

LOCAL HOTELS

Chimo Inn (across St-Laurent Mall)

1199 Joseph Cyr

613-744-1060 1-800-387-9779

Welcome Inn

1220 Michael Street

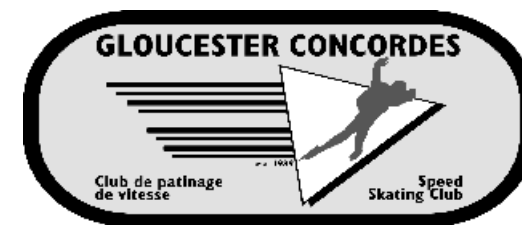
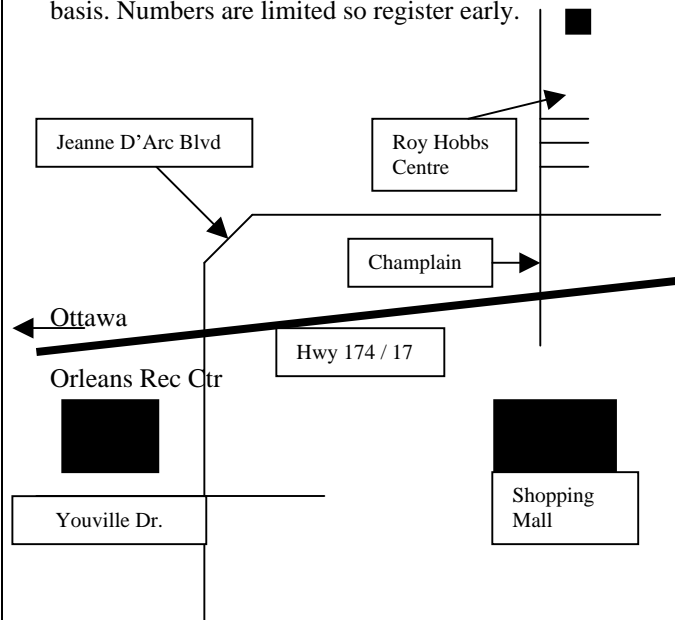
613-748-7800 1-800-387-4381

Please make your own reservations for camping and hotels/motels

APPLICATION DEADLINE:

JULY 30, 2006

Applications will be accepted on a first come, first serve basis. Numbers are limited so register early.



2006 ONTARIO SPEED SKATING SUMMER SCHOOL

AUGUST 21-25, 2006

**Orleans Recreation Centre
1490 Youville Drive
Orleans, Ontario.**



— ONTARIO —
SPEED SKATING
— ASSOCIATION —

Sponsored by:
Ontario Speed Skating Association
Gloucester Concorde Speed Skating Club
Ottawa Pacers Speed Skating Club

Program Philosophy

Emphasis is on skill development and power training for skaters of all ages and abilities.

Skaters should indicate the group that best meets their needs on the Application form. However, camp organizers reserve the right to determine the final groups.

Group One

Composition: Advance skill/competitive level; regularly participating in dryland training at a minimum of 6 sessions/week. Ability to participate at a high intensity level for the duration of the camp.

Full day program includes:

- Ice sessions Monday to Friday
- Dryland sessions including running, circuits, plyometrics and strength training.

Group Two

Composition: Skaters with some experience aspiring to improve their skating technique to the elite level.

Full day program includes:

- Ice sessions Monday to Friday
- Dryland sessions with emphasis on introduction to training including running, imitations, circuit training and strength training.

Group Three

Composition: Skaters with limited experience with a desire to participate in the sport of speed skating.

Full day program includes:

- Ice sessions Monday to Friday
 - Dryland sessions with emphasis on FUNdamentals, games and calisthenics
-

EQUIPMENT

- Mandatory safety equipment: hard-shell helmet, cut resistant gloves, kneepads, neck guard, shin guards and skate guards. Kevlar calf protectors are highly recommended.
- Also bring skates and sharpening equipment, bathing suit, rain gear, water bottle, proper running shoes and lots of extra socks.
- It is important that all participants have their OHIP/MEDICAL insurance card with them at all times in case medical services are required.

Welcome BBQ and Check-In

Welcoming barbeque and skater check-in will be held from 3:00pm to 5:00 pm Sunday, August 20th, 2006 at the Roy Hobbs Community Centre (see map). This is free of charge for skaters or their families.

Coaching

Quality coaching will be provided by certified, competent and experienced coaches including coaching staff from the Ontario Regional Training Center

Coaching Clinic:

Level 1 Coaching Clinic is planned for August 20th if the new program is distributed on time. More information to follow.

Official Clinic:

Level 1 (Sun. Aug. 20th) FREE

All clinics will run only if numbers are sufficient.

Please contact Kathy Elliott (see below) if interested in any of these programs.

Mail Application and cheque to:

Kathy Elliott
9654 County Rd 18
RR # 2 North Augusta, Ontario
Canada
K0G 1R0
Phone: 613-926-1206
e-mail: jelliott2000@sympatico.ca

APPLICATION FORM

Name: _____

Address: _____

Phone: _____

E-Mail: _____

Date of Birth: Day ____ - M ____ - Yr ____

(2005-2006) Age class category

(Peewee to Senior)

I do Dryland training. YES ___ NO ___
- ____ times per week.

Short Track Seed time 500m. (_____) _____

Preferred Group is: Gp 1__ Gp 2__ Gp 3__

Billet required: YES ___ NO ___

T_SHIRT SIZE:

Youth S ___ M ___ L ___

Adults S ___ M ___ L ___

FEES

All OSSA members \$180.

Non OSSA members \$210

A late fee of \$25 applies after July 30, 2006.

15% discount (families 3 or more) on total cost.

Make cheque payable to:

Gloucester Concordes Speed Skating Club

Confirmation of acceptance and billets will be sent out after registration has been finalized.