

STRENGTH - IMPACT SPORTS PERFORMANCE

Trent MacDowell- B.S.,CSCS, CSAS, HSSCS
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Please reach out to Trent directly for cost & program information and/or to register your skater!

OFF-ICE CLASSES

This class is designed to help your skater master the ability to practice jumps and spins off-ice with proper technique for the purpose of warm-up routines and on-ice consistency. The course aims to instill balance, leg strength, increased rotational speed, and improve form and control of landings. Other primary focuses include coordination, agility, core strength, and flexibility. Taught by our own professional staff, this class is catered towards skaters of all ages and skill levels. Please check with your head coach before signing your skater up!

EDGE CLASS

The aim of this on-ice class is to educate skaters on the different types of turns, improve depth and quality of edges, and increase skaters’ flow across the ice. Other focuses include speed and agility, improved stamina, multi-directional skating and balance. Taught by our professional staff, this class is available to skaters of all ages and skill levels. Please check with your head coach before signing your skater up!

PLEASE NOTE: ICE MUST BE PURCHASED IN HOUR BLOCKS (unless otherwise listed in this contract) & FOR THE FULL DURATION OF THE FALL CONTRACT. WRITTEN CHANGES TO SESSION LENGTH, NUMBER OF DAYS OR PRICE WILL NOT BE HONORED UNLESS DIRECTOR PERMISSION HAS BEEN GRANTED.

- Please Note: Payment Method In Your Bond Account Will Be Charged. Cash & Checks are no longer accepted.
- To avoid fees attached with credit card payments, a bank account can be added to your Bond account (known as an ACH payment). This can be added by going to the “Payment Methods” section of your Bond portal.

PAYMENT PLANS (please circle desired plan)
***CONTRACTS UNDER \$300 MUST BE PAID IN FULL**

- ☐ **TWO-PAYMENT PLAN**
(with a \$300 minimum contract)
1ST PMT: Due with contract
2ND PMT: Due November 2, 2026
- ☐ **THREE-PAYMENT PLAN**
(with a \$600 minimum contract)
1ST PMT: Due with contract
2ND PMT: Due November 2, 2026
3RD PMT: Due December 7, 2026

Session	Cost	# Sessions	Total \$
ON-ICE			
Freestyle - 1 Hour	\$12.00		
Freestyle - 1/2 Hour	\$6.00		
Power/Edge	\$8.00		
OFF-ICE			
Low Off-Ice Class	\$8.00		
TOTAL			
Late Fee \$30 (if after August 24)			
TOTAL \$			

PAYMENT METHOD

Visa AmEx MasterCard ACH

Card Number_____

Exp. Date_____Security Code _____

Name of Cardholder _____

Signature_____

Waiver/Consent
Figure Skating Policies
Please read and sign



1. **Waiver**
2. --READ BEFORE SIGNING--
3. In consideration of being allowed to participate in any way in the skating (hockey, skating, figure skating, etc.) or other athletic program (the "Program"), related events and activities of East Lansing Ice Cube, LLC (herein referred to after as the "Arena"), the undersigned, acknowledge, appreciate, and agree that:
4. 1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
5. 2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown of my participation in the Program, EVEN IF ARISES FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and
6. 3. I willingly agree to comply with the stated and customary terms and conditions for participation in the Program. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
7. 4. I for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS Arena, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event ("Releases"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.
8. 5. Should any disputes, claims or litigation arise regarding Arena or its affiliates and Participants or the undersigned, I agree that the Prevailing Party (defined below) shall be entitled to recover all of the reasonable costs, expenses and fees including reasonable attorney fees incurred in connection with such dispute, claim or litigation as determined by a final judgment of a court. The term "Prevailing Party" means that party whose position in the claim, dispute or litigation is substantially upheld.
9. 6. If any part of this agreement is determined to be void and unenforceable, the remainder shall be in full force and effect.
10. 7. This agreement shall be governed by the laws of the state of Michigan.
11. Furthermore, I acknowledge that the novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and spreads from person-to-person contact. Arena has put in place preventative measures to reduce the spread of communicable diseases; however we cannot guarantee that you or your child(ren) will not become infected while attending our facilities. While we've implemented reasonable preventative measures, we depend on each and every visitor and their families to follow the guidelines from the Center of Disease Control, and all applicable federal, state, and local health department guidelines, rules, laws and regulations before and while visiting our premises. We are all in this together and rely on each other to adhere to the above-mentioned guidance and legal restrictions. The undersigned fully understands and acknowledges both the known and potential dangers of utilizing our facilities, services, and programs and acknowledge that use thereof by the undersigned and/or such participating children may, despite our reasonable best efforts to mitigate such dangers, result in exposure to communicable diseases, which could result in quarantine requirements, serious illness, disability, and/or death.
12. I hereby grant the Black Bear Sports Group permission to use my child's likeness in a photograph, video, or other digital media ("photo") in any and all of its publications, including web-based publications, without payment or other consideration.
13. I understand and agree that all photos will become the property of the Black Bear Sports Group and will not be returned.
14. I hereby irrevocably authorize the Black Bear Sports Group to edit, alter, copy, exhibit, publish, or distribute these photos for any lawful purpose. In addition, I waive any right to inspect or approve the finished product wherein my likeness appears. Additionally, I waive any right to royalties or other compensation arising or related to the use of the photo.
15. I hereby hold harmless, release, and forever discharge the Black Bear Sports Group from all claims, demands, and causes of action which I, my heirs, representatives, executors, administrators, or any other persons acting on my behalf or on behalf of my estate have or may have by reason of this authorization.
16. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT. FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT TIME OF REGISTRATION)
17. This is to certify that I, as a parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.
18. I HAVE READ THE ABOVE RULES AND CONDITIONS, AND AGREE TO ADHERE TO THEM. I ALSO UNDERSTAND THAT I AM RESPONSIBLE FOR THE FULL PAYMENT OF THIS CONTRACT REGARDLESS OF CIRCUMSTANCE. CONTRACT WILL NOT BE HONORED WITHOUT CHECKING APPROVAL BOX..

☐ I Agree to Above Waiver

Parent/Guardian's Signature _____

Skater Signature _____