



**GREAT ATLANTIC
SPEED SKATING**



Ellis Edge Short Track Camp

October 8, 9 & 10, 2010

Family Ice Center, Falmouth, Maine

featuring Olympic Short Track **Coach Sue Ellis**

Ultimate Acceleration – Ultimate Power

Discover the newest secret to maximum speed!

Ellis Edge has a new and exciting program this year to help you access your top speed, including new variations on body position and jumps to help you solidify the position! Technique is constantly evolving and Ellis Edge is on top of it!

"Top athletes are always looking for that little edge that can make a difference so we are always tweeking and adding to our program to keep up with the latest developments in technique. That's why athletes keep coming back to our camps year after year!"... Sue Ellis

Don't miss this great opportunity to work with Sue!

**Suitable for ages 9 to adult
The camp includes on and off ice technique, 7 hours of ice time, video analysis, Techni-cord training, snacks and fun!**

Enrollment is limited – so please sign up early.

Sue Ellis Bio

Sue Ellis is recognized as a technical expert **world wide**. Sue's experience comes from her 30 + years in the sport of Speedskating including:

- 2002 US Olympic Short Track Team Coach
- 2000 US Speed Skating Coach of the Year
- 2 time finalist 3M Canada Coach of the Year
- 1995 New Brunswick Coach of the Year
- 14 years as Provincial coach and Technical Director for Speed Skating – New Brunswick
- Member of the Canadian National Short Track Team

*"I began coaching full time in 1984 after 16 years of competitive skating. One thing that stood out for me was that, although I learned heaps about skating, the methods used to teach it seemed complicated. I have come up with a progression of drills and a method of skating (Ellis Method) that is not only simple to learn, but will allow skaters to **feel an increase in power and speed** in "no time""*

Registration

Name: _____ Age on 7/01/2010 _____

Address: _____

Evening phone: _____

e-mail address: _____

Payment in full - Adult \$250 _____

Payment in full – Youth (under 18) \$225 _____

Deposit – to hold your space:
(non-refundable after Sept 15th) \$100 _____

**Make checks payable to Great Atlantic Speedskating Club and mail to:
Karen Schilling, 55 Brookside Road, Portland, Maine 04103
For more information contact: kschill@maine.rr.com or 207-772-9908
Ellis Edge website: www.ellisedge.com**

WAIVER & RELEASE

Name of Event: **Ellis Edge Speedskating Camp**

Location: **Falmouth, Maine**

Date: **October 8, 9 & 10, 2009**

NOTE: This form must be read and signed before the participant is permitted to take part in development camp listed above. By signing this agreement, the participant affirms having read it.

In consideration of my involvement in the sport and activities under the auspices of the NSA, U.S. Speedskating, Great Atlantic Speedskating and Ellis Edge, Inc., I acknowledge, appreciate, and agree that:

1. I risk bodily injury, including paralysis, disfigurement, dismemberment, disability, and death, and while particular rules of my sport, equipment, and personal training and discipline may reduce this risk, the risk if injury DOES EXIST, as well as the risk of damage to or loss of property;
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, BOTH KNOWN AND UNKNOWN, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERS.
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual or unnecessary hazard during my presence or participation, I will bring such to the attention of the nearest official: and,
4. I, FOR MYSELF AND ON BEHALF OF MY HEIRS, ASSIGNS, PERSONAL REPRESENTATIVES, AND NEXT OF KIN, HEREBY RELEASE, HOLD HARMLESS, AND PROMISE NOT TO SUE NSA, US SPEEDSKATING, GREAT ATLANTIC SPEEDSKATING CLUB, ELLIS EDGE, INC., OR OTHER SPONSORING ORGANIZATIONS, THEIR OFFICERS, VOLUNTEERS, STAFF, SPONSORS, AND/OR AGENTS, ("RELEASEES") WITH RESPECT TO ANY AND ALL INJURY AND LOSS ARISING FROM MY PARTICIPATION, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, EXCEPT THAT WHICH IS THE RESULT OF GROSS NEGLIGENCE OR WANTON MISCONDUCT.

I HAVE READ THIS RELEASE OF LIABILITY AND WAIVER AGREEMENT, FULLY UNDERSTAND ITS TERMS, AND SIGN IT FREELY AND VOLUNTARILY.

Participant's signature _____ Date _____

Participant's name (printed) _____

For participants of minor age (under 18 years at time of registration)

This is to certify that I/we as parent(s) or guardian(s) with legal responsibility for this participant, do consent and agree not only to his/her release, but also for myself/ourselves, and my/our heirs, assigns and next of kin to release and indemnify the Releasees from any and all liability incident to my/our minor child's involvement as stated above.

Parent/Legal Guardian Signature _____ date _____

Parent/Legal Guardian Name (printed) _____

Tentative Camp Schedule

Friday

6:00 – 9:00 PM **Introduction and off ice training**

Saturday

7:27 – 8:40 **Off ice technique and dry-land training**

9:00 – 11:00 **On ice technique**

11:10 – 12:30 **Lunch (on your own)**

12:30 – 2:45 **Off ice technique and dry-land training**

3:10 – 4:40 **On ice technique**

5:00 – 6:00 **Off ice technique and dry-land training**

7:00 - **Pizza Party Optional**

Sunday

7:27 – 8:45 **Off ice technique and dry-land training**

9:00 – 11:00 **On ice technique**

11:00 – 12:30 pm **Lunch (on your own)**

12:30 – 2:00 **Off ice technique and dry-land training**

2:20 – 4:00 **On ice technique**

4:15 – 5:15 **Wrap up**

More information: The rink is located at 20 Hat Trick Drive off of Route 1 in Falmouth. For directions and more about the rink go to www.familyice.org

Accommodations:

Falmouth Inn – Route One, Falmouth Maine (207) 781-2120 Motel is right across the street.

Brookside Motel – Yarmouth, Maine (about 5-6 miles from the rink) (207) 846-5512.

Casco Bay Inn – Freeport (about 7 miles from the rink) 207-865-4925