



Niles IceLand

8435 W. Ballard Rd.

Niles, IL 60714

# NILES ICELAND

## SUMMER SKATING WORKSHOPS



### Featuring

#### Guest Coach Tom Hickey,

Tom holds US National, International, Jr. World, and JR. Grand Prix Coach Credentials; PSA Master-Rated and PSA Level V Ranking, specializing in on and off-ice jump, edge skills, and conditioning for figure skaters and hockey players. His interests in technique and teaching methods take skaters to the next level of proficiency while still having fun. He has developed programs such as “Power Plus” (Dynamic Figure & Hockey Skills) and the Coaches Education Program (CEP), allowing him to guest coach and present in the USA, Mexico, Iceland, Brazil, South Africa, Singapore, Hong Kong, and more.



Angela Como, Certified Ballet for Figure Skaters Instructor, Past Performer with Holiday on Ice, and Current American Ice Theatre Performer.



Chelsea Ridley, known as the Hip Hop Ice Queen. Professional performer, choreographer and instructor. Previously Performed in Ebony on Ice, Universoul Circus, principal performer for Disney On Ice. Currently performing with AIT Chicago and Brown Body



**Team IceLand**  
NILES PARK DISTRICT

# WORKSHOP INFORMATION

**Skaters in Gamma/Basic 6 through Freestyle Levels are invited to participate.**

Skaters will be split by level based on registration. 20 Skater Minimum. 40 Skater Maximum.

***Coaches may attend for free with 4 registered students.***

## Workshop Topics

Clear and Concise Goals/Periodization, Connecting off ice training to on ice training, Concepts/Connections of strength and Skating, Floor Barre off ice class, and Hip Hop Fun off ice class.

## Tentative Workshop Schedule 6-13-23

| Time           | Group A  | Group B  |
|----------------|--|--|
| 9:15am-10:40am | Off Ice – Welcome and Off Ice Clear and Concise Goals and periodization. Realistic Goals for yourself.—Coach Tom | Off Ice - Welcome and Off Ice Class - Clear and Concise Goals and periodization. Realistic Goals for yourself.—Coach Tom |
| 11am-12pm      | On Ice Jumps – Coach Tom   | Off Ice – Floor Barre – Angela Como  |
| 12pm-1pm       | Off Ice - Lunch  | On Ice Jumps - Coach Tom   |
| 1:10pm-2:10pm  | On Ice Spins - Coach Tom   | Off Ice - Lunch  |
| 2:20pm-3:20pm  | Off Ice - Coach Tom  | Off Ice - Coach Tom  |
| 3:30pm-4:30pm  | Off Ice – Floor Barre - Angela Como  | On Ice – Spins – Coach Tom   |
| 4:40pm-5pm     | Off Ice – Wrap Up - Coach Tom  | Off Ice – Wrap Up – Coach Tom  |

## Tentative Workshop Schedule 8-11-23

| Time             | Group A   | Group B   |
|------------------|---|---|
| 9am-9:10am       | Check In – Welcome  | Check In – Welcome  |
| 9:10am-10:10am   | Off Ice Warm Up and Spins with Coach Tom  | Off Ice Warm Up and Spins with Coach Tom  |
| 10:10am –10:50am | Off Ice—Concepts/Connections of Strength and Skating for all levels. —Coach Tom | Off Ice—Concepts/Connections of Strength and Skating for all levels. —Coach Tom |
| 10:50-11am       | Break   | Break   |
| 11am-11:50am     | Off Ice Warm Up and Jumps with Coach Tom  | Off Ice Warm Up and Jumps with Coach Tom  |
| 11:50am-12:10pm  | Snack and Skates on.  | Snack and Shoes on.   |
| 12:10pm-1:10pm   | On Ice – Jumps with Coach Tom   | Off Ice – Hip Hop Dance with Chelsea Ridley                                     |
| 1:20pm-2:20pm    | Off Ice – Hip Hop Dance with Chelsea Ridley                                     | On ice Jumps – with Coach Tom   |
| 2:30pm-3:30pm    | On Ice Edge/Skating Skills with Coach Tom                                       | On Ice Edge/Skating Skills with Coach Tom                                       |
| 3:40pm-4:10pm    | Wrap up with Tom  | Wrap up with Tom  |

### Additional Information

All skaters should bring a mat, hard skate guards, good gym shoes, water, pen, paper, and a lunch.

Schedule is subject to change based on enrolment.

No refunds unless the facility cancels event.

Private Lessons will be available with Tom Hickey on Monday June 12th, Tuesday June 13th, Friday August 11th, and Saturday August 12th, for those participating in the workshop.

Subject to change based on enrollment.



Niles IceLand  
8435 W. Ballard Rd.  
Niles, IL 60714

# WORKSHOP FEES



# AND

# REGISTRATION INFORMATION

**Registration opens on May 1, 2023.**

Registration form, skater information form, and payment, must be completed no later than:

May 30, 2023 for June 13 Workshop

July 30, 2023 for August 11 Workshop

All forms with payment should be e-mailed to  
[Aforbes@niles-parks.org](mailto:Aforbes@niles-parks.org)

## **Fees per date.**

Team IceLand Gold Club and Niles Residents: \$100.00

Windy City Figure Skating Club Members: \$120.00

All other participants: \$140.00

Coaches who have at least 4 primary students participating may attend for free to observe.

***\*Skaters who register for both dates at the same time receive a \$10.00 discount per date.***

***\*Skaters who participate in the Niles IceLand ASPIRE Summer Skating Camp receive a \$10.00 discount per date.***

***No refunds once registration has been processed.***

# Workshop Skater Information Form

Skater's Name: \_\_\_\_\_

Parent's Names: \_\_\_\_\_

Primary E-Mail: \_\_\_\_\_

Skater's Home Rink: \_\_\_\_\_

ISI Level: \_\_\_\_\_

USFS/LTS USA LEVEL: \_\_\_\_\_

Primary Coach: \_\_\_\_\_

Primary Coach's E-Mail: \_\_\_\_\_

Emergency Contact #1 : \_\_\_\_\_

Cell Phone Number: \_\_\_\_\_

Emergency Contact #2 : \_\_\_\_\_

Cell Phone Number: \_\_\_\_\_

Are you interested in private lessons with Coach Tom?: \_\_\_\_\_

\*If so someone from our staff will contact you. Workshop fee does not cover private lesson fee or ice time fee for lessons.

Allergies?: \_\_\_\_\_

Other Important Information we should be aware of for your skater: \_\_\_\_\_

Niles IceLand  
8435 W. Ballard Rd.  
Niles, Il. 60714



**No refunds once registration has been processed.**



# PRIVATE LESSON INFORMATION



Niles IceLand  
8435 W. Ballard Rd.  
Niles, IL 60714

Limited private lesson times will be available with Coach Tom for those participating in the workshops.

Skaters will be responsible for their freestyle ice fees and lesson fees.

Skaters who are given a private lesson time will be responsible to pay for their fees if they cancel.

Lessons will be assigned by the IceLand Skating Director on a first come first serve basis.

Private lesson requests should be included when sending in registration forms to [Aforbes@niles-parks.org](mailto:Aforbes@niles-parks.org).

Lessons will be scheduled during the following times by the IceLand Skating Director.

|                                |
|--------------------------------|
| <b>TIME/Monday June 12</b>     |
| 6am-7am                        |
| 7am-8am                        |
| 8:10am-9:10am                  |
| 9:10am-9:40am                  |
| 3:45pm-4:45pm                  |
| 4:45pm-5:15pm                  |
|                                |
| <b>Time/Tuesday June 12</b>    |
| 6am-7am                        |
| 7am-8am                        |
| 8am-9am                        |
|                                |
| <b>Time/Friday August 11</b>   |
| 6am-7am                        |
| 7am-8am                        |
| 8:10am-9:10am                  |
|                                |
| <b>Time/Saturday August 12</b> |
| 7am-8am                        |
| 8am-9am                        |
| 9am-10am                       |
|                                |



# Summer Skating Workshop Registration Form

Primary Household Contact: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Work/Cell Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

| Program Code | Sec. | Program Title    | Day   | Fee | Registrant's First & Last Name | Age- M/F | Birth Date |
|--------------|------|------------------|-------|-----|--------------------------------|----------|------------|
| 333209       | 04   | 6-13-23 Workshop | Tues. | \$  |                                |          |            |
| 333209       | 05   | 8-11-23 Workshop | Fri.  | \$  |                                |          |            |
|              |      |                  |       | \$  | <b>Total Fees</b>              |          |            |

**All Registration must be done through e-mail to:**

Amy Forbes at  
Aforbes@Niles-Parks.org with completed form and payment.

### Credit Card Information

Name: \_\_\_\_\_ Exp. Date: \_\_\_\_/\_\_\_\_  
 Signature: \_\_\_\_\_ Amt.: \$\_\_\_\_\_  
 Card Number: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

**Payment Method:**

\*Visa  
 \*Master Card  
 \*Discover Card

### ICE-SKATING PROGRAM WAIVER & RELEASE IMPORTANT INFORMATION

The Niles Park District is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The Niles park District continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for this program must recognize that there is an inherent risk of injury when choosing to participate in recreational activities. You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for ice-skating activities. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

#### WARNING OF RISK

**Ice-skating** is intended to challenge and engage the physical, mental and emotional resources of the participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury, including but not limited to head injury, neck or back injury, wrist and ankle fractures, and other orthopedic injuries to limbs and joints. All hazards and dangers cannot be foreseen. The very nature of ice- skating is risky, including but not limited to slip and falls, colliding with other players of varying degrees of skill (including being struck from behind), tripping on irregular ice surfaces, cuts from skate blades, inadequate or defective equipment, ill-fitting skates, failure in supervision or instruction, horseplay, carelessness, poor technique, poor conditioning, rule violations, striking a stationary object, premises defects outside the rink, and all other risks inherent to the sport of ice-skating. In this regard, it must be recognized that it is impossible for the Niles Park District to guarantee absolute safety.

#### WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing up and participating in the above identified programs/activities, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with said programs/activities (including transportation services/vehicle operation, when provided). I recognize and acknowledge that there are certain risks of physical injury to participants in these programs/activities, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in all these programs/activities against the Niles Park District, including its officials, agents, volunteers and employees (here-in after collectively referred as "District"). I do hereby fully release and forever discharge the District from any and all claims for injuries, damages, or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with these programs/activities. If registering on-line or via fax, your on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature. Additionally, by signing this form, I am certifying that I qualify for the rate charged (i.e. If resident rate was charged, I am/my children are residents of the Niles Park District). If this is proven untrue, I realize that my park district privileges may be suspended or revoked. Photos are periodically taken of participants in a class, during a special event or at the District's parks. Please be aware that these photos are for Park District use only and may be used in the District's publications.

I have read and fully understand the above important, warning or risk, assumption of risk and waiver and release of all claims. PARTICIPATION WILL BE DENIED if the signature of adult participation or parent/guardian and date are not on this waiver.

**NO REFUNDS for Workshop once registration has been processed.**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Staff Initials: \_\_\_\_\_