

Kids On Ice® PLUS Speedskating

PLEASE NOTE: All KOI PLUS programs are a season-long commitment. The advanced nature of PLUS programs requires additional effort by skaters to attend all classes, be on time, and pay proper attention to instruction beyond what is expected in Basic Skills.



PREREQUISITE: Age 5-18

See 'Who Can Join' section, below

RETURNING* student priority
registration **DEADLINE:**
August 14, 2019

* Must have met the 2018-19 attendance requirement **and** register by the deadline to be guaranteed a spot.

NEW* student registration
DEADLINE: August 21, 2019

*New students accepted on space-available basis & may be selected by lottery. Confirmations emailed no later than early Sept.

Saturdays 7:00am-8:40am
Sep 7, 2019-Feb 22, 2020*

***NO CLASSES:**

NOV 30

DEC 28

JAN 4

The **Kids On Ice® PLUS Speedskating** program is designed to teach skaters the fundamental elements of skating fast while conserving energy. Head Coach/KOI alumnus Suliman Abdullah & talented volunteer coaches provide expert instruction to develop skaters both on & off the ice.

WHO CAN JOIN? To successfully participate in our speed skating classes, a child should be able to maintain attention for at least 30 minutes, be able to follow directions and instructions, have basic ice safety sense (e.g., know to stay on the inside circle and out of the lanes when not specifically skating in the lanes), and be able to separate from his/her parents. We recommend that all skaters participate in Basic Skills as well.

Preferred skating experience: passed Basic 2 or Snowplow Same 2

2019-20
Season Fee:
\$175.00

Sibling discount & financial assistance available.

Includes:

- 22 classes
- Skates & helmet (while supplies last)
- Dec 21 KOI Holiday Show participation
- Mar 14 KOI Speedskating Meet

Skaters are expected to participate in the Dec 21 Show & Mar 14 Meet (included) and are invited to participate in FDIA's Diversity Classic Skills Competition (add'l fee) and DC-ICE's DC Open Meet (add'l fee).

Weekly Schedule:

6:30am-6:45am
Off-ice warmup

7:00am-7:50am
On-ice

8:10am-8:40am
Off-ice training
(REQUIRED!)



USSPEEDSKATING

Important dates:

Dec 21	Holiday Show
	DC Open Speedskating Meet*
Feb 29/Mar 7	Time Trials/Evaluations
Mar 8	Diversity Classic Skills Competition*
Mar 14	Diversity Classic Speedskating Meet

**additional fee to participate*



Fort Dupont Ice Arena 3779 Ely Place SE Washington, DC 20019



202-584-5007



www.fdia.org

Important Program Requirements & Information:

All KOI PLUS programs are a season-long commitment. The advanced nature of PLUS programs requires additional effort by skaters to attend all classes, be on time, and pay proper attention to instruction beyond what is expected in Basic Skills.

Attendance:

- **Regular attendance** is critical to a skaters' progress.
- Skaters are allowed **up to 3 excused absences**.
- **Excessive absences and tardiness** will impede progress & may affect the skater's ability to participate in special activities and events.

Participation:

- Skaters are required to participate in the **entirety** of class each week
- With this in mind, **skaters must take the ice with all items they may need** (tissues, water, jacket, etc.) and having used the bathroom if needed.
- Less than full participation will **severely impact** ability to advance.
- **Skaters must participate in off-ice training.**

Equipment:

- Helmets are required; loaners are available while supplies last.
- We have a **limited supply** of speed skates to loan. Please see a coach to be fitted properly.

On-time:

- **Skaters must be dressed and ready to take the ice by 6:45am.**
- Skaters who are more than 10 minutes late will not be allowed to join the class, and will be marked as absent even if they are in the building.
- **Skaters must participate in off-ice training.**

Clothing:

- Long pants & long sleeves as well as gloves are required.
- Clothing should allow for **freedom of movement, conform to body shape, and provide warmth.**
- Several thin layers of clothing are better than one bulky garment.
- **No loose-fitting or oversized** jackets that may prohibit full body movement.
- **Hair should be pulled away from the face and tied back at all practices.**



The Learn to Speed Skate curriculum introduces skaters to the basics of speed skating and provides motivation to continue improving skating skills. The emphasis of the program is to develop confident and competent skaters of all levels and ages. KOI PLUS Speedskating will guide skaters through many of the skills listed below.



A. Sit and stand up on the ice; B. March forward; C. Forward two-foot glide; D. Forward swizzles; E. Dip; F. Snowplow stop; G. Backward marching; H. Stationary basic position; «Bonus skill: Two-foot hop in place



A. Corner side extension; B. Corner right leg hold; C. Right leg corner push around a circle; D. Left leg corner push around a circle; E. Beginning crossover; «Bonus skill: Backward two-foot glide in basic position



A. Scooter pushes - R and L; B. Forward one-foot glide - R and L; C. Backward two-foot glide; D. Forward two-foot glide in basic position; E. Backward swizzles - 2 to 4 in a row; «Bonus skill: Forward side extension in basic position - right and left



A. Skulling – 2 laps; B. Two-foot 180 degree turn - R and L; C. Four laps in position; D. Start acceleration plus one lap; E. Three lap time trial; F. Beginning relay push; «Bonus skill: Backward one-foot glide in basic position



A. Arm swing; B. Speedskating start position; C. Beginning speedskating start; D. Falling and recovery; E. Beginning speedskating track; F. Two-foot slalom G. Two-foot glide around corner in basic position, clockwise and counter-clockwise H. One-foot glide in a straight line in speed skating position - R and L «Bonus skill: Straightaway stride with recovery - R and L



A. One-foot slalom - R and L; B. One leg up-downs; C. Corner up-downs - R and L; D. 180 degree turn - right leg; E. 180 degree turn - left leg; F. 777 - seven lap time trial; «Bonus skill: Relay race



Kids On Ice[®] PLUS



Speedskating 2019-20

Saturdays Sep 7, 2019-Feb 22, 2020

**NO CLASSES: NOV 30, DEC 28, JAN 4*

I am a: ☐ RETURNING student *Priority deadline August 14, 2019*
☐ NEW* student *Priority deadline August 21, 2019*
☐ *I have taken skating lessons @ (rink name/level passed/date): _____

PREFERRED SKATING EXPERIENCE:
Passed Basic 2 or Snowplow Sam 2

Please see fee schedule on next page.

- ◆ Form must be completed **in its entirety with signature** to be accepted. Please print clearly!
- ◆ Returning students from 2018-19 who met the attendance requirement ***and*** register by the deadline are guaranteed a spot. Confirmation for all others announced by email no later than early September. If you have not received confirmation by early September 1 it is ***YOUR*** responsibility to call us for the information.
- ◆ **Maximum three excused absences to remain eligible for class.**
- ◆ Each skater ***must*** have a separate form.

Child's Full Name:			
Age:	DOB:	Grade (2019-20):	Gender: M F
Parent(s)/Guardian(s):			
Address:			
City:	State:	Zip:	Ward (DC):
E-mail(s) <i>(required)</i> :			
Home Phone:	Work Phone:	Cell Phone:	
Emergency Contact Person:		Relation to child:	
Emergency Contact #:			
Does your child have any serious health concerns that could affect his/her ability to skate? Yes No			
If yes, please explain:			
I NEED LOANER EQUIPMENT. Skate size: Shoe size: Helmet size:			
Name of Speed Club (if any):			
Parent(s) Place(s) of Employment:			
Child's School:			

Waiver of Liability

I certify that I am the person named below or the authorized parent or guardian of the child named below. I hereby agree to waive liability and hereby release any and all claims against Friends of Fort Dupont Ice Arena, its officers, employees and agents for injuries and damages of any nature whatsoever suffered by myself (and/or my child 18 years old or under, on whose behalf I am signing). During programs at the Facility or while at the Facility for any reason, whether on or off the ice surface and no matter whether arising in tort, contract or otherwise. If Friends of Fort Dupont Ice Arena is found liable for injuries or damages, I agree that my sole and exclusive remedy will be against Friends of Fort Dupont Ice Arena and not against any individual, regardless of fault. I acknowledge that ice skating and other physical activities at the Facility involve risk of serious bodily injury. I fully accept and assume all risks and all responsibility for all losses and damages incurred as a result of my participation and for my child's participation in these activities. I have read the Rules of the Friends of Fort Dupont Ice Arena (posted next to the Skate Shop) and will abide by them. I have explained the Rules to my child, and will cause my child to abide by them. I agree that the staff of the Friends of Fort Dupont Ice Arena may require withdrawal from any session of any skater who violates the Rules.

Photo release

I hereby authorize Friends of Fort Dupont Ice Arena to take and keep or publish photographs, digital images or other images (including, but not limited to video) of me or my child, and our names, for use in Friends of Fort Dupont Ice Arena's printed publications and web sites. I acknowledge that because my participation is voluntary, I will receive no financial compensation from the taking, publication, use or retention of the photographs or images, no matter in what form. I further agree that my participation in any publication or web site produced by Friends of Fort Dupont Ice Arena confers upon me no rights of ownership whatsoever, nor any rights in copyright, publicity, privacy or otherwise. I release Friends of Fort Dupont Ice Arena and its employees, officers and directors from any liability for any claims by me or any third party in connection with my participation.

Print Parent/Legal Guardian's Name

Parent/Legal Guardian's Signature

Date Signed

IMPORTANT: We are often asked by our funders for the following information. Please answer to the best of your ability.

1. Please describe your child's racial/ethnic background. Select one or more of the following:

<input type="checkbox"/> Native American or Alaskan Native	<input type="checkbox"/> Asian	<input type="checkbox"/> Black or African American	<input type="checkbox"/> Hispanic or Latino
<input type="checkbox"/> Native Hawaiian/Pacific Islander	<input type="checkbox"/> South Asian	<input type="checkbox"/> White	<input type="checkbox"/> Other

2. I confirm my household income is:

<input type="checkbox"/> \$0 - \$19,999	<input type="checkbox"/> \$20,000 - \$39,999	<input type="checkbox"/> \$40,000 - \$59,999	<input type="checkbox"/> \$60,000 - \$79,999
<input type="checkbox"/> \$80,000 - \$99,999	<input type="checkbox"/> \$100K - \$119K	<input type="checkbox"/> \$120K - \$140K	<input type="checkbox"/> \$150K+

3. Number of persons living in household (circle one):

2 3 4 5 6 7 8 9 +

KIDS ON ICE® PAYMENT FORM

☐ Check here if financial assistance is requested. ☐ Completed scholarship form is attached.

First Skater Name: _____ Amount Owed: _____

Sibling name: _____ Amount Owed: _____

Sibling name: _____ Amount Owed: _____

TOTAL Owed: _____

KOI PLUS Fee Schedule

Program	Cost (1st skater)	Sibling Rate
1st PLUS Program	\$175	\$60
2nd PLUS Program	\$100	\$60
3rd PLUS Program	\$60	\$60
Sponsor a Child*	\$60	

Form of Payment: ☐ Cash ☐ Check # _____ ☐ Credit Card

Name On Card: _____

Address: _____

City, State, Zip: _____

Card Type/#: _____

Expiration Date: ____/____/____ C V V: _____

*FFDIA is a 501(c)(3) not-for-profit organization; your sponsorship is tax-deductible. Please consult your tax adviser.

Please mail/return this form to Friends of Fort Dupont Ice Arena 3779 Ely Place, SE, Washington, DC 20019.

Form may also be scanned (no .jpg please) and e-mailed to programming@fdia.org