

PLEASE MAKE CHECKS PAYABLE TO:
M.A.C.
and mail them to the:

MUNICIPAL ATHLETIC COMPLEX (MAC)
POWER SKATING WITH DIANAH KLATT
5001 VETERANS DRIVE
ST CLOUD MN 56303

Registration and Payment

Complete the application attached with this brochure and return it to the Municipal Athletic Complex (MAC).

A deposit of \$40.00 must accompany all registrations. Balances are due on skater's first day of camp. Cancellations permitted until July 5, 2010 but include a \$15.00 service charge.

Skating skill development
is just like any other skill, it
takes time and repetition to
build and improve.

EQUIPMENT

Skaters are to bring and wear the following equipment:

- ◆ Helmet with face shield, mouth guard
- ◆ Properly fitted ice skates
- ◆ Knee, elbow and shoulder pads
- ◆ Hockey gloves, stick
- ◆ Breezers
- ◆ Jersey (none is provided)



2010
PREMIUM
POWER
SKATING

August 2 - August 6
with

Professional Power Skating
Instructor
Dianah Klatt

The Program

The Municipal Athletic Complex-(MAC) is once again proud to offer

“PREMIUM POWER SKATING”

with professional skating instructor :
DIANAH KLATT

The “Premium Power Skating” program is designed to improve skating skills for the serious hockey player. The program will work through specific skill areas: Push and Recovery, Technique, Knee Bend, Weight Shift and Balance. All of this is designed to provide for:

**Powerful Acceleration &
Explosive Strides**

**Edge Control & Agility
Forward & Backward Speed
Quick Stops**

The “Premium Power” program will follow a process that will start with learning how to perform each skill element correctly. After building a strong foundation, the skaters will strive to add power, quickness and the ability to combine all of these skill elements while using a puck.

The “Premium Power Skating” program will encourage skaters to improve on their current skills, build new skills and achieve a higher level of confidence to play the game of ice hockey!

Program Schedule

“Premium Power Skating” is scheduled for August 2—August 6, 2010. Three sessions will be offered:

Group Session times are:

- (1) 1:30 - 2:30 p.m. Ages 7—10
- (2) 2:45 - 4:00 p.m. Ages 10—12
- (3) 4:15 - 5:30 p.m. Ages 12-15

Maximum of 25 skaters per session.



DIANAH KLATT
Director of Premium Power Skating

Dianah has been working with hockey teams and individual players to improve skating technique, power and speed for many years. Dianah has been the “Power Skating” instructor for various clinics and camps in St. Cloud and throughout Minnesota. She has worked with local high school teams, the Sauk Rapids and St. Cloud hockey associations. Dianah is a certified hockey skating instructor through the Professional Skaters Association for over 20 years.

NO JERSEY PROVIDED

Call 320-255-7223 for additional registration information or on the Web @ www.stcloudmac.com

Registration

Skater's Name: (Last) (First) (MI)

Address:

City: State: Zip Code:

Phone Number: Skater's Age:

Credit Card Number: Card Type: Visa MC

Expiration Date: Security Code:(on back)

Registration Form **{Check One Box Option}** August 2 —August 6, 2010

- | | | |
|----------------|-----------|--------------------------|
| (1) Ages 7—10 | @ \$83.00 | <input type="checkbox"/> |
| (2) Ages 10—12 | @ \$88.00 | <input type="checkbox"/> |
| (3) Ages 12-15 | @ \$88.00 | <input type="checkbox"/> |

Down Payment \$ _____
Total amount Due \$ _____

By signing this form I hereby release the Municipal Athletic Complex, Dianah Klatt, the City of St. Cloud from all responsibility of injury, loss or stolen property during the MAC's “Premium Power Skating” program.

Refunds will be permitted until July 5, 2010. A service charge of \$15.00 will be withheld on all refunds.

Parent Signature: _____

