



# LEARN TO SPEEDSKATE WITH CT SPEEDSKATING



The Connecticut Speedskating Club is pleased to offer a **LEARN TO SPEEDSKATE ice program** for men/women and boys/girls of all age and skill levels. Speedskating is an exciting sport that can be learned at any age. Some skating experience is required (recreational, hockey or figure skating). Beginners are always welcome to join one of our Learn-to-Speedskate sessions! First trial session is FREE. New skaters must join [USS Speedskating](#) for a trial membership (\$1/1 day or \$10 for 2 months) and sign the waiver prior to getting on the ice. Our Learn to Speedskate program includes:

- Coaching by Connecticut Speedskating staff
- Weekly session focus on proper skating technique, power and speed
- Off ice conditioning instruction is included and takes place prior to ice session
- Short and long track training
- Skaters are divided by age and skill levels

Equipment Requirements for EVERY skater on the ice:

- Speedskates (hockey/figure skates ok for beginners) – some speedskates are available for rental with advance notice.
- Helmet (speedskating, skiing or bicycle).
- Gloves (leather or cut resistant recommended).
- Neck guard (hockey neck guards work fine).
- Long sleeves and long pants (running tights/sweatpants ok) or skinsuit.
- Knee pads and shin guards. Elbow pads recommended for beginners.

**Learn to Speedskate** programs are scheduled throughout the year.

OPTIONAL Warm-up and off ice conditioning 4:30 pm – 6:00 pm and on ice instruction 6:30 pm – 7:15 pm. **IMPORTANT:** Please check the website calendar EVERY WEEK, as times are subject to change.

For more info: [www.ctspeedskating.com](http://www.ctspeedskating.com) / [CTSpeedskating@gmail.com](mailto:CTSpeedskating@gmail.com)

# CT SPEEDSKATING FREE TRIAL - LEARN TO SPEEDSKATE 2018-2019

The Rinks – SportsCenter of Connecticut

784 River Road, Shelton, CT 06484

FREE TRIAL for one lesson is available. After completion of free trial, new skaters may join one of our Learn-to-Speedskate programs. Please speak to a Club official if you have any questions.

Name: \_\_\_\_\_ DOB: \_\_\_/\_\_\_/\_\_\_

Parent Name (if under 18): \_\_\_\_\_

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

Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Cell/Work#: \_\_\_\_\_ Home#: \_\_\_\_\_

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

USS# \_\_\_\_\_

TODAY'S DATE: \_\_\_\_\_

I hereby confirm that I have signed the waiver and release form for the CONNECTICUT SPEEDSKATING CLUB (CSC) and that I have read and understand the club rules posted on the CSC web site. I also confirm that I have joined US Speedskating as a trial member.

SKATER SIGNATURE: \_\_\_\_\_

PARENT/GUARDIAN NAME (PRINT): \_\_\_\_\_  
(If skater is under the age of 18)

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_