PLEASE READ CONTRACT CAREFULLY AND SAVE A COPY FOR YOUR RECORDS AFTER SUBMISSION

2014 SUMMER Off-Ice Training Contract

Monday, June 16th through FRIDAY, August 29th, 2014

Skater's Full Name:_____Address:_____City:_____State:_____ZIP:_____

Current and *LEGIBLE* email address:_____Contact Phone Number:_____

Head Coach:_____Current FS Level of Skater:_____

By requesting to contract for off-ice, on-ice, or ANY other activities with a'Xel International Training Center, you are automatically agreeing to our Assumption and Acknowledgment of Risks and Release of Liability Agreement and will be offered an a'Xel International Training Center Media Release Form should we need one from you.

SIGN ME UP FOR THE DISCOUNT PACKAGE: ☐ **(check this box)**

By checking this box, I have committed to contracting for at least 5 (five) off-ice classes and am entitled to a refund/credit in the amount that equals 20% of my total contracting $$ amount.

I would like to receive a refund check: ☐ ***I would like to have an off-ice credit posted to my account to use for future off-ice contracts:*** ☐

REFUND CHECKS OR CREDITS WILL BE ISSUED OR POSTED TO YOUR ACCOUNT BY 8/1/14

DAY (Circle to Contract)	SESSION# AND NAME	TIME	#WEEKS	CONTRACT $	RANDOM $	TOTAL $ DUE TO CONTRACT	NOTES AND EXPLANATIONS
Monday	#1 Daily Off-Ice Complete Warm-Up-(THOMAS AMON)	8:15-8:45AM	12	$10.00	$12.00	$120.00	
Monday	#2 Ballet Performance and Interpretive Dance-INTERMEDIATE-(LISA ZAMARRIPA)	10-11AM	12	$18.00	$20.00	$216.00	
Monday	#3 Ballet Performance and Interpretive Dance-HIGH-(LISA ZAMARRIPA)	3:15-4:30PM	12	$20.00	$22.00	$240.00	
Tuesday	NEW #4 ALL NEW "POWER HOUR" (Agility, Balance and Core)-*ALL IN ONE*-LOW/INTERMEDIATE (ANTHONY SCHULZETENBERG)	10-11AM	12	$20.00	$22.00	$240.00	
Tuesday	NEW #5 ALL NEW "POWER HOUR" (Agility, Balance and Core)-*ALL IN ONE*-HIGH (ANTHONY SCHULZETENBERG and LISA ZAMARRIPA)	2:45-3:45PM	11	$20.00	$22.00	$220.00	NO CLASS ON 8/5
Wednesday	NEW #6 Warm-Up PLUS! Plyometric/Agility Class-(KIRI BAGA, THOMAS AMON)	8:15-8:45AM	12	$10.00	$12.00	$120.00	
Wednesday	NEW #7 COMPLETE Intermediate Off-Ice Jumping Technique Class (MARY SEBECK)	10-10:45AM	12	$10.00	$12.00	$120.00	
Wednesday	#8 FLEXIBILITY AND ALIGNMENT-ALL LEVELS (LISA ZAMARRIPA)	3:15-4PM	12	$15.00	$17.00	$180.00	
Thursday	NEW #9 "GET TO THE CORE OF IT" Strength for the Developing and Younger Athlete-(ANTHONY SCHULZETENBERG)	10-10:45AM	11	$15.00	$17.00	$165.00	NO CLASS ON 7/3
Thursday	NEW #10 Cardio Stylistic Dance Seminar-HIGH (LISA ZAMARRIPA)	2:45-3:45PM	10	$16.00	$18.00	$160.00	NO CLASS ON 7/3 and 8/7
Friday	NEW #11 HIGH Off-Ice Jumping Technique Class PLUS-(KIRI BAGA, THOMAS AMON)	8:15-8:45AM	9	$10.00	$12.00	$90.00	NO CLASS ON 7/4 and 8/22
Friday	#12 YOGA for LIFE and for ATHLETES-ALL LEVELS (THEA JENSEN)	12:15-1:45PM	9	$21.00	$23.00	$189.00	NO CLASS ON 7/4 and 8/22
Friday	NEW #13 ELITE Classical Ballet Performance Intensive-(LISA ZAMARRIPA)	2-2:45PM	9	$20.00	NO BUY-IN'S ALLOWED	$180.00	NO CLASS ON 7/4 and 8/22 This class is contracted only upon approval of a'Xel and Lisa Zamarripa

Accounting and Financial Detail Page

(THIS PAGE MUST BE INCLUDED WITH YOUR CONTRACT!)

Please make a copy of your contract (ALL PAGES) for your records and scheduling purposes.

Changes to your off-ice contract are allowed free of charge for the FIRST WEEK of off-ice activities (Monday 6/16 through Friday 6/20/14)
AFTER THIS DATE, a $20.00 change fee for EACH CHANGE will be accessed to your contract cost.

Credits placed on your account will only be held and honored through the NEXT contract period following Summer-2014, unless otherwise approved by a'Xel! You may also request a refund check directly from a'Xel (within the contract period) by using our email address: skateaxelinc@aol.com.

REFUNDS WILL NOT BE GIVEN FOR ANY OTHER REASONS.

CONTRACTS ARE DUE BY Thursday, June 5th, 2014!

All checks must be made payable to: **3828 Thomas Avenue South, Minneapolis, MN 55410**
(If you have ANY questions or concerns regarding a'Xel, Inc. or its programs, please use the email address listed here.)
skateaxelinc@aol.com
Visit us on the web at: www.axel-itc.com

50% of TOTAL DUE WITH CONTRACT (will be deposited immediately) For Office Use ONLY:_____

Remaining 50% due ON or BEFORE AUGUST 4th, 2014
For Office Use ONLY:_____

Sending postdated checks for second payment is HIGHLY recommended in order to avoid final late payment fees.

(Contracts received AFTER 6/5/14 OR FINAL payments made AFTER 8/4/14 MUST include the $20.00 late processing fee. THERE ARE NO EXCEPTIONS TO THIS!

a'Xel-ITC kindly asks that parents refrain from entering off-ice classes. Classes must begin and end on time.
This is for safety and to provide all athletes with the most efficient and uninterrupted class experience possible from our instructors.

a'Xel International Training Center, LLC recommends the following off-ice training plan if you are:

Competitive/Elite Qualifying Juvenile and Intermediate Level Athletes:

- 1 Off-Ice Jumping Technique Class per week
- Power Hour-ALL IN ONE
- Ballet Performance-HIGH and Classical Ballet Elite Intensive (if you qualify)
- Flexibility and Alignment for Figure Skaters
- Cardio Stylistic Dance
- YOGA for Life and for Athletes-Restorative
- Daily Off-Ice Complete Warm-Up Class
- Warm-Up PLUS

Competitive/Elite Qualifying Novice, Junior, and Senior Level Athletes:

- 1 Off-Ice Jumping Technique Class per week
- Power Hour-ALL IN ONE
- Ballet Performance-HIGH and Classical Ballet Elite Intensive (if you qualify)
- Flexibility and Alignment for Figure Skaters
- Cardio Stylistic Dance
- YOGA for Life and for Athletes-Restorative
- Daily Off-Ice Complete Warm-Up Class
- Warm-Up PLUS

Competitive/Elite Pre-Preliminary through Pre-Juvenile Level Athletes:

- 1 Off-Ice Jumping Technique Class per week-Intermediate (High if approved)
- POWER HOUR-ALL IN ONE-Low/Intermediate (High if approved)
- Ballet Performance-Intermediate (High if approved)
- Flexibility and Alignment for Figure Skaters
- YOGA for Life and for Athletes-Restorative
- Daily Off-Ice Complete Warm-Up Class
- Warm-Up Plus
- "Get to the Core of It" for the Younger and Developing Athlete

Recreational Skater at ALL levels:

- 1 Off-Ice Jumping Technique Class
- Ballet Performance
- Daily Off-Ice Complete Warm-Up Class

Some interesting thoughts about your athlete's development and reasons to start thinking NOW in the competitive sport of figure skating:

- According to figure skating sports medicine research, an athlete's flexibility will be established between the young ages of 5 and 8! So, starting your young skater earlier in this particular area has proven to be much more beneficial long term than waiting until he or she is older! Research has also proven that these same skaters also run a better rate of continuing their flexibility even through major growth stages, while those that did not address the flexibility issue at a younger age may ***NEVER*** achieve their flexibility potential. ***a'Xel, LLC offers several classes that will address flexibility at a very young age and for ALL ages with certified and respected off-ice training specialists.***
- An athlete's cardio vascular maximum potential within their lungs is established by the time they are 12 years of age! So, starting your young skater earlier in developing aerobic (long term) and anaerobic (short term) endurance is vital if your athlete wishes to achieve their MAXIMUM endurance potential to rise to the Senior ranks of competitive figure skating***. a'Xel, LLC offers several classes that will address endurance at ALL age levels with certified and respected off-ice training specialists.***

Commonly asked questions or thoughts:

My coach believes that my skater will get all the training he/she needs on the ice by skating.
Answer: In the past skaters spent hours on the ice training school figures. They developed core body strength and a real "feel" for their center of gravity/balance. Today, skaters no longer spend these hours in those static positions; they are on the ice for hours doing more and more jumps and revolutions at a younger age. This activity puts heavy demands on the body. The best insurance policy that you can buy for your skater, for injury prevention, is to make off-ice training a priority, be sure his/her program is specific to his/her needs. a**'Xel, LLC provides individual assessments and programs to meet the needs of each skater!**

How important are core body strength and balance to performance? When is a good time to start?
Answer: The best time to start core strength and balance training is as soon as the athlete starts skating. Both core strength and balance are crucial to all facets of skating. Everything the skater does on the ice technically for performance and injury prevention involves these two components. a**'Xel, LLC has classes for beginner up to National and International competitive level figure skaters!**

What does a skater need to do to jump higher?
Answer: Initially a solid base of total body strength (lower body, core, upper body) must be established. Working with a qualified strength and conditioning professional, athletes should demonstrate full bodyweight control before progressing to more advanced training techniques. a**'Xel, LLC prepares skaters physically with the strength and power to perform demanding double and triple jumps!**

What is the parents "role" with their skater as it relates to performing off-ice training?
Answer: The parent can play a vital role in allowing their skater to perform off-ice training. It is the parent that is the main person in transporting the skater to the ice rink in time for off-ice. The parent (in some situations) may be the main person to "find" off-ice training for their skater. In certain situations, the on-ice coach may be too busy to have to the time to seek out off-ice training for their athletes. Obviously, it is the parent that becomes the transporter allowing that skater to be able to participate in consistent off-ice training. a**'Xel, LLC is an "All inclusive" off-ice program! We provide ALL of your skaters' off-ice needs in one place!**

Questions and answers found in entirety on the USFS web site:http://www.usfsa.org/content/Off-IceFAQs.pdf