



## SPRING 2022 SESSION

### Skating Technique for Hockey

**NHL Players have benefitted from this training and so can you!**  
**"If you can't skate, you can't play our game," Wayne Gretzky.**

### Balance, Agility and Maneuverability (BAM)

Our Figure Skating Director, Karen Cohen-Prosnitz, teaches the Program. She has been a full time professional skating coach for over 40 years. Karen is a US Figure Skating Gold Medalist having competed in Freestyle, Pair Skating and Ice Dance throughout the United States and internationally. She also trained in speed skating and power skating.

Karen has been teaching **power skating, edges and turns** to hockey skaters. Her skating techniques begin with understanding the interaction between mental and muscle function to train the entire body, using correct edge positioning and balance to increase power and agility. Fast efficient skating is the goal.

**"If you're using improper technique quickly, all it means is you'll go nowhere faster."**  
**Bill Guerin, former professional NHL hockey player and three-time Olympian.**

### Spring 2022 Hybrid Session Program - Mondays, May 2<sup>nd</sup> – June 20<sup>th</sup>

**Cost: \$360 for 5 half-hour and 2 one-hour classes\*: Mondays 5:15-5:45pm/4:45-5:45pm**

**Minimum 3 Skaters, Maximum 10 Skaters per program**

**Ice Time and Instruction is Included.**

**Payment must be received by Friday, 4/29 at the front office**

*\*dates and times are subject to change*

Also available: **One-on-One Coaching.**

Personalized training to build on existing skills, strengthen areas of weakness,  
and elevate your game.

You can schedule 30 minute or 45 minute private coaching sessions.

Contact Coach Karen to schedule at [KarenC@icevault.com](mailto:KarenC@icevault.com) or call 973-628-1500 ext 123.

**No Make-ups or Refunds for missed classes**



Player's Name \_\_\_\_\_ Age \_\_\_\_\_ D.O.B \_\_\_\_/\_\_\_\_/\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Home Phone (\_\_\_\_\_) \_\_\_\_\_

Parent's Name \_\_\_\_\_

E-mail \_\_\_\_\_@\_\_\_\_\_

Work Phone (\_\_\_\_\_) \_\_\_\_\_ Cell Phone (\_\_\_\_\_) \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Emergency Phone (\_\_\_\_\_) \_\_\_\_\_

LEVEL (Circle one): MT SQT PW/BT MDG/HS: POSITION (Circle one): Forward / Defense

YEARS SKATING \_\_\_\_\_

**Spring 2022 Session: 5:15-5:45 (½ hour class) dates during LTS ice - 5/2, 9, 16, 23; 6/6.  
4:45-5:45 (1 hour class) dates during freestyle ice - 6/13, 20**

**Application with Payment must be received by Thursday, February 10, 2022**

Pay by check only. (Make Check Payable to Karen Cohen-Prosnitz).

Drop off your envelope, marked ATTN: Karen Cohen-Prosnitz, at the Front Desk.

**No Make-ups or Refunds for missed classes**

#### WAIVER RELEASE

It is agreed that neither the Ice Vault nor Karen Cohen-Prosnitz shall in no way be responsible or liable for any injury of any kind arising out of or in the course of an operation of the Ice Vault. It is the intention of the parent to waive and release any and all claims, of any kind whatsoever in law or in equity of his/her son/daughter, or ward, a minor on account of any injury of any kind arising out of or in the course of any operation of the Ice Vault. I grant the Ice Vault and Karen Cohen-Prosnitz the right to use all photographs and videos taken of me during any Ice Vault programs for advertising purposes.

Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_