



Greater Minnesota Speedskating Association

* * * * * 2016-2017 SHORT TRACK * * * * *

GMSA (Greater Minnesota Speedskating Association) is the regional organization representing speed skating in Minnesota, North Dakota, South Dakota, and parts of western Wisconsin.

By joining GMSA ST, you are signing up to skate at various rinks during speed skater-only, contracted ice sessions. Membership dues, which are included in the packages below, are used to cover the expenses of the association, the costs of reserving the ice and coaching staff.

Please review the full options on page 2. If you have questions, email mnspeedskating@gmail.com.

Two Options – Take one or both!

Learn to Speed Skate = The emphasis of this curriculum is to develop confident and competent skaters of all levels and ages. There are six levels that will be taught in small groups. From the first steps on the ice, skaters will progress at their own pace and advance once they have mastered each skill. These skills will build a foundation that will aid skaters throughout the rest of their skating careers. This class is ideal to reinforce good technique for beginners, as well as speed skating club members, hockey skaters and figure skaters.

Open Short Track Speed Skating = Short track ice available to all current and former GMSA members. New skaters will have needed to complete Speed Level 4 or the equivalent in the Learn to Speed Skate program or have the approval of coaches.

NEW THINGS HAPPENING AT GMSA!

Online registration – Sign up for the long track or short track season online! Visit our website for the direct link. You can pay via credit card (+2% fee), mail in a check directly or indicate that you are part of a club and that the club will send one check to GMSA.

Change your bookmark – **GMSA has a new website!** mnspeedskating.com (previously mnspeedskating.org)

Board Meetings – **We want to hear from you.** Come to a meeting, call in for a meeting or just email your suggestions and comments to mnspeedskating@gmail.com. Meetings are held at the Roseville Oval, in the Fireside Room. Visit the website for the calendar of meeting dates.

Midgets (ages 11-12) are now recognized as **Junior D** skaters.

Be in the know! All GMSA registrants will be added to the GMSA newsletter.

GMSA Short Track Membership Options

Learn to Speed Skate:

Sundays at the Plymouth Ice Center, three sessions – 7 weeks each

Session P1: September 18-November 6, 6:45 pm – 7:45 pm (9/18 & 25 sessions are 6:15 pm-7:15 pm)

Session P2: November 13-January 15, 6:45 pm – 7:45 pm

Session P3: January 22-March 19, 6:45 pm – 7:45 pm



Speed 1 through Speed 6 - \$80 per session

PENDING:

Thursdays (6:30-7:30) at the Roseville Oval (note: sessions R1 & R2 are still being confirmed)

Session R1: November 17-January 12

Session R2: January 19-March 2

Open Short Track Speed Skating

Sundays, September 18, 2016 – March 19, 2017, 7:45 pm – 8:45 pm (9/18 & 25 classes are 7:15 pm – 8:15 pm)

Location: Plymouth Ice Center

- One hour of open short track speed skating with coaching supervision
- Open to all skaters, who have passed Learn to Speed Skate Level 4, has equivalent skills or with coach permission. Skater must also have a level of maturity for the safety of all participants. See Speed Level 1-6 outline at mnspeedskating.com
- Enhance skating skills overall, work on technique, recreational and fitness skating
- Ice opportunity for long track skaters before/after the Oval season

Option 1: Season Pass - \$350.00 for 21 sessions (*BEST VALUE*)

Option 2: Punch Card - \$100.00 for 5 sessions

Friends of GMSA - \$100+ (tax-deductible!!)

This membership is for skaters, families, friends of GMSA, who want to keep their GMSA status up-to-date but they do not intend to use the ice. GMSA is a non-profit, 501(3)c organization and your support is greatly appreciated! All Friends will receive a receipt showing their donation.

GMSA Board of Directors - \$25

This membership is for GMSA Board of Directors and Committees members that are not enrolled in one of the memberships above or a long track membership. This fee covers insurance and meeting supplies.

Other Memberships

If there are other circumstances, please contact the GMSA Board of Directors at

mnspeedskating@gmail.com

For GMSA Use:

Payment: _____ Amount: _____



Greater Minnesota Speedskating Association
2016-2017 **SHORT TRACK** Membership Application

Name (Last/First): _____

Gender: M or F **Birthdate:** _____ **GMSA Club Member: (circle one)** Midway Twin Cities Rochester Direct – no club

Address: _____
(street) (city/state) (zip)

Phone: _____ **E-mail:** _____
(home) (cell)

USS #: (required if signing up for Open Short Track) _____

If skater is a minor...

Mother/Guardian: _____ **Father/Guardian:** _____

Phone: _____ **Phone:** _____

E-mail: _____ **E-mail:** _____

Short Track Membership – Circle All That Apply:

- Learn to Speed Skate – Plymouth Session 1 (\$80) Open Short Track Season Pass (\$350) GMSA Board/Committee (\$25)
- Learn to Speed Skate – Plymouth Session 2 (\$80) Open Short Track 5-Punch Card (\$100) Friends of GMSA (\$100+)
- Learn to Speed Skate – Plymouth Session 3 (\$80)
- Learn to Speed Skate – Plymouth ALL 3 Sessions (\$220)

GREATER MINNESOTA SPEEDSKATING ASSOCIATION: 2016-2017 membership waiver & release

Note: This form must be read and signed before the participant is permitted to take part in any travel, training, competition, meeting or testing sessions. By signing this agreement, the participant affirms having read it.

In Consideration of my involvement in the sport and activities under the auspices of the Greater Minnesota Speedskating Association, I acknowledge, appreciate, and agree that:

- I risk bodily injury, including paralysis, dismemberment, disability, and death, and while particular rules on my sport, equipment, and personal and personal training and discipline may reduce this risk, this risk of injury does exist, as well as the risk of damage to or loss of property;
- I knowingly and freely assume all such risks; both known and unknown, even if arising from the negligence of the releasees or others;
- I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual or unnecessary hazard I will bring such to the attention of the nearest official, and; I for myself, and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release, hold harmless and promise not to sue GMSA, US Speedskating, or other sponsoring organizations, their officers, coaches, volunteers, staff, sponsors and/or agents; release with respect to any and all injury and loss arising from my participation, whether caused by the negligence of the releasees or otherwise, except that which is the result of gross negligence or wanton misconduct.
- I agree to allow my name and photographs or video of me to be used in promotional materials and press releases on behalf of GMSA.

I have read this Release of Liability and Waiver Agreement, fully understand its terms and sign it freely and voluntarily.

_____/_____
Participant Name (PRINT) Participant Signature Date _____

For Participants of Minority Age (under 18 at the time of registration) This is to certify that I/we parent(s)/ guardian(s) with legal responsibility for this participant, do consent and agree not only to his/her release, but also for myself/ourselves and my/our heirs, assigns, and next of kin to release and indemnify the Releasees from any and all Liability incident to my/our child's involvement as stated above.

_____/_____
Parent/Legal Guardian Name (PRINT) Parent/Legal Guardian Name Date _____

Mail form & check (payable to GMSA) to: GMSA, c/o Guidant John Rose MN Oval, 2661 Civic Center Dr., Roseville, MN 55113
Or register online with your club or use a credit card for payment at: see link at mnspeedskating.com