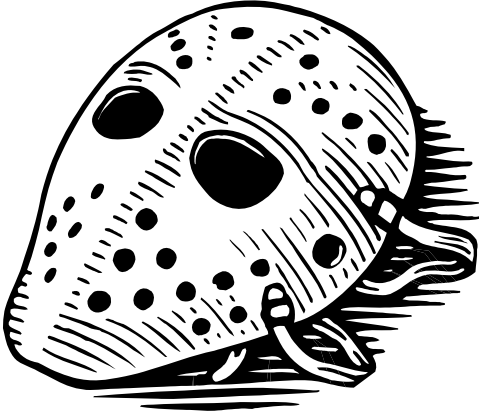


# Jamestown Savings Bank Ice Arena

## Conditioning Clinic

*May 23<sup>rd</sup> through August 15<sup>th</sup>*



Will start Monday, May 23<sup>rd</sup> and run for 11 weeks. Clinic is intended to keep players in shape during the offseason, with a combination of skill building drills and games. Clinic will be on Monday nights. Clinic sessions are 50 minutes in duration and start at **7:00pm**. Cost for the clinic is **\$75 for the entire 11 weeks, or pay \$8 per session.**

### *For More Information*

Call (716) 484-2624 ext 218 or email [craig.hinderleider@jsbia.com](mailto:craig.hinderleider@jsbia.com)

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## Jamestown Savings Bank Ice Arena – Conditioning

Cost: \$75 for all sessions, or pay per session for \$8

Player's Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Address \_\_\_\_\_

Participant Signature: \_\_\_\_\_ Date \_\_\_\_\_ Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

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

THE UNDERSIGNED ACKNOWLEDGES AND FULLY UNDERSTANDS THAT THE PARTICIPANT WILL BE ENGAGING IN ACTIVITIES THAT INVOLVE RISK OF SERIOUS INJURY, INCLUDING PERMANENT DISABILITY AND/OR DEATH, AND SEVERE SOCIAL AND ECONOMIC LOSSES THAT MIGHT RESULT NOT ONLY FROM THEIR OWN ACTIONS, INACTIONS OR NEGLIGENCE, BUT THE ACTIONS, INACTIONS OR NEGLIGENCE OF OTHERS, THE RULES OF PLAY, OR THE CONDITIONS OF THE PREMISES OR OF ANY EQUIPMENT USED. FURTHER, THAT THERE MAY BE OTHER RISKS NOT KNOWN TO US OR NOT REASONABLY FORESEEABLE AT THIS TIME.

THE UNDERSIGNED AGREES TO RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE THE JAMESTOWN ICE ARENA, JAMESTOWN CENTER CITY DEVELOPMENT CORP., THE CITY OF JAMESTOWN, ITS AFFILIATED CLUBS, THEIR RESPECTIVE ADMINISTRATORS, DIRECTORS, AGENTS, COACHES, AND OTHER EMPLOYEES OF THE ORGANIZATION, OTHER PARTICIPANTS, SPONSORING AGENCIES, SPONSORS, AND ADVERTISERS.

**Registration and payment (cash, check or charge) should be made out to: Jamestown Savings Bank Ice Arena.**

**Payment can be delivered to: Jamestown Savings Bank Ice Arena, 319 West 3<sup>rd</sup> St. Jamestown, NY 14701  
(716) 484-2624**