

2015 Summer Off-Ice Classes

June 9 –August 6, 2015

11:30-12:30 T/Th

Off-ice classes will be offered at the Chiller by Nate Fugitt and his team of trainers. The classes will focus on the strength, speed and agility that are essential for on ice success. Skaters are asked to come to class each day with a yoga mat, jump rope and water. Tennis shoes are required. Two 4-week sessions have been created to give the instructor an ideal of how many students to expect each class. If the class will be large another trainer will be available to keep the student to instructor ratio low. For more information you can visit Nate's website: <http://p2sonline.com/PowerUP.asp>

Nate Fugitt -

- Bachelor of Science in Education, The Ohio State University
- Certified Strength and Conditioning Specialist, National Strength and Conditioning Association
- Current National Football League Combine Facilitator
- Certified Personal Trainer, American Council of Exercise
- Youth Fitness Specialist, International Youth Conditioning Association
- 2008 Strength and Speed Coach for Columbus Clippers
- Mentor and Trainer for many past and current collegiate and professional athletes
- Specializes in Youth Performance Training

Tuesday – Session 1

June 9, 16, 23 and 30

Tuesday – Session 2

July 7, 14, 28 and August 4

Thursday – Session 1

June 11, 18, 25 and July 2

Thursday – Session 2

July 9, 16, 30 and August 6

2015 Off-Ice Conditioning

Registration form:

Name _____ Coach _____

Address _____

Email _____ Phone _____

DOB _____ Level of skating _____ Previous work w/trainer Y/N

Parent/Guardian Name _____ Phone _____

Please check the sessions you plan to attend - \$48 per session

Tuesday Session 1 _____

Tuesday Session 2 _____

Thursday Session 1 _____

Thursday Session 2 _____

Days you will be out of town _____

** If you would like to make-up one class for another, you must get this approved in advance.

Total number of Sessions _____ @ \$48 per session

Total amount due: _____

Please make checks payable to **Nate Fugitt**

Mail completed registration form and check by June 1st

Mary Anne Williamson

346 Cornhill Ct.

Westerville, Ohio 43081