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**NORTH HILLS**
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(412) 635-5255

**SOUTH HILLS**
25 McMurray Rd.
(412) 833-4211
From the North: Follow I-79 South toward Pittsburgh. Exit at Neville Island (Exit 65). At bottom of the exit ramp, turn left. The RMU Island Sports Center is less than a mile ahead on the right.

From the South: Take I-79 North toward Pittsburgh. Exit at Neville Island (Exit 65). At the bottom of the exit ramp, turn left. The RMU Island Sports Center is less than a mile ahead on the right.

From Downtown Pittsburgh and East: Follow Route 65 North to the I-79 interchange. Take I-79 South (toward Washington) one exit to Neville Island (Exit 65). At bottom of the exit ramp, turn left. The RMU Island Sports Center is less than a mile ahead on the right.

From the Airport and West: Follow Route 60 South toward Pittsburgh. Take Exit 1B for Route 60 South/Crafton. Follow approximately four miles to the I-79 interchange. Turn left onto I-79 North toward Erie. Exit at Neville Island (Exit 65). At the bottom of the exit ramp, turn left. The RMU Island Sports Center is less than a mile ahead on the right.

Register online today at www.rmuislandsports.org!
YOUTH ICE HOCKEY PROGRAMS

Learn to Play Hockey
Ages 4-10 • Year-Round

Learn to Play Hockey classes provide children the opportunity to learn the basics of skating and hockey from USA Hockey-trained instructors in a fun-to-learn, relaxed, noncompetitive atmosphere. No skating or hockey experience is required.

Each class includes 40 minutes of skating and stick instruction and a 10-minute hockey game. Upon completion of the classes, players are ready to join the RMU ISC Island Colonials and enjoy playing with children of similar age and ability.

■ FREE Learn to Skate Clinics
Each session begins with a free skating clinic. These clinics give children the opportunity to try skating without having to invest in equipment or a registration fee. Skate rental is provided at no charge. Mom and dad are welcome on the ice. Pre-registration is not required. Registration begins one hour prior to the start of the clinic.

■ Pre-Hockey/Learn to Skate
A structured lesson plan provides a strong foundation of skating know-how and confidence building. Skills include stance, walking, T-push, two-foot glide, scooting, O’s, preparing for snowplow stop, backwards stance and walking.

■ Hockey I
Each week includes a review of skills learned in Pre-Hockey/Learn to Skate and the introduction of new skills such as snowplow stop, one-foot glides, backward O’s and forward strides. From this solid base, the fundamental skills of skating, stick handling, passing and shooting can be properly taught.

■ Hockey II
Each week includes a review of skills learned in Hockey I and the introduction of new skills such as V-start, stationary and moving stick handling, open ice carry, forehand and backhand passing and receiving, turning, use of feet to control puck and stopping with the puck.

■ Equipment
Classes require a USA Hockey approved helmet (HECC) with facemask, hockey skates, hockey elbow pads, hockey shin guards, hockey gloves (mittens are allowed for little ones), warm clothing and a hockey stick. An athletic cup, shoulder pads, pants and neck guard are recommended. All skaters will receive an Island Colonials hockey jersey for the first session in which they enroll. Rental skates are available at no charge. The RMU ISC Pro Shop offers a special Beginner’s Package and an Equipment Buy Back Program. For more information, call 412-269-4459.

■ USA Hockey Membership
All skaters must be registered with USA Hockey. The fee, which must be paid at the time of registration, is $25 for all players born 1997 or earlier. USA Hockey does not charge for those born 1998 and later. The fee is payable once each hockey season, which runs from Sept. 1 to Aug. 31. If you paid this fee at another location, proof of registration must be provided.

■ Hockey 101 for Parents
A 30-minute meeting is held one hour before the first class session to help parents with what may be their first exposure to ice hockey. Topics include proper skate and equipment fitting, skills children will learn, how children progress through the program and various hockey opportunities available upon completing the program.

For more information: 412-262-3335 or www.rmuislandsports.org
Schedule and Fees

Spring Session ($99)

Free Clinics  Tuesday, March 8, 6:30-7:20 p.m.
             Saturday, March 19, 9:30-10:20 a.m.

Classes      Tuesdays, March 15-May 3,
             6:30-7:20 p.m. (8 weeks)
             Saturdays, April 2-May 21,  
             9:30-10:20 a.m. (8 weeks)

Summer Session ($99)

Free Clinics  Tuesday, May 10, 6:30-7:20 p.m. 
             Wednesday, May 11, 6:30-7:00 p.m.

Classes      Tuesdays, May 17-July 19,  
             6:30-7:20 p.m. (8 weeks)
             (no class May 24 and July 5)

One-Week Summer Special ($59)
Monday-Friday, July 25-29, 6:30-7:20 p.m.

Back to School session begins in early September.

Spring Island Colonials League
Ages 4-10 • April-June

This league provides youngsters who have participated in Learn to Play Hockey or another developmental program the opportunity to enhance their skills and play games in a structured learning environment. Programs are offered at the Mini Mite (ages 4-6), and Major Mite-Squirt (ages 7-10) levels. All players must be registered with USA Hockey. See page 2 for details.

Mini Mite Program

The Mini Mite program (ages 4-6) is for youngsters born in 1998, 1999 and 2000. Each week begins with 25 minutes working on the individual skills of skating, stickhandling, passing and shooting. The final 25 minutes feature two half-ice games are played using the parity system, which ensures players receive equal ice time and are playing with and against others of equal age and ability.

Major Mite-Squirt Program

The Major Mite-Squirt program (ages 7-10) is for youngsters born in 1994, 1995, 1996 and 1997. Week 1 begins with a practice on the inline rink, where children are walked through basic team concepts such as offsides, icing and defensive zone responsibilities. After 65 minutes, children lace on skates and run through the same drills on the ice rink. Week 2 includes instruction both inside and outside and covers offensive zone responsibilities.

In weeks 3-5, children play controlled scrimmages with coaches on the ice instructing them as they play. Beginning in week 6, games are played using the parity system, which ensures players receive equal ice time and are playing with and against others of equal age and ability.

Other aspects of the league that help foster a positive learning environment:

- A coach is on the ice to help children with positional play.
- Children play a new position each week, exposing them to a basic understanding of all positions.
- Children do not change ends of the ice to further simplify the positional play learning process.
- No score is kept.
- During games, an official is on the ice to call icing, offsides and penalties. However, when a players receives a penalty, he/she serves the time while the team substitutes another skater and continues to play at full strength.
- The on-ice official also serves a teacher and talks with the children during games.
Schedule

Mini Mite Program
Thursdays, April 7-May 26, 6:00-6:50 p.m.
(no class May 5; class will be held May 2 instead)

Major Mite-Squirt Program
Off-Ice Practices
Thursdays, April 7 & 14, 5:30-6:45 p.m.

On-Ice Practices/Games
Thursdays, April 7-May 26, 7:00-7:50 p.m.
(no class May 5; class will be held May 2 instead)

Fee
$99, which includes a jersey.

3-ON-3 Full-Ice Summer Hockey League
May 23-August 7

Exciting and explosive, 3-ON-3 helps kids to practice the fundamentals of hockey while experimenting with an innovative, pace-motivated style of play with more action per shift than any other hockey in Pittsburgh. 3-ON-3 features nonstop hockey action with no icing, no offsides, no checking and only two stoppages of play.

Registration
You may register as an individual or a team. The league has grown rapidly over a six-year period. A maximum of 90 teams will be accepted in 2005.

Games

Eleven games are guaranteed: 10 games plus all teams make the playoffs. Games are played on weeknights and weekends. Games consist of two 15-minute and one 12-minute running-time periods. Two officials are scheduled for all games. Game slots for each division will be determined at the league meeting on Thursday, May 5.

Age Levels

Players skate the level they will be during the upcoming 2005-2006 season according to USA Hockey birthday requirements. Teams will be divided into tiers at the May 5 league meeting.

Mite
Born 1997 and later

Squirt
Born 1995 and later

Pee Wee
Born 1993 and later

Bantam
Born 1991 and later

Midget 16&U
Born 1989 and later

Midget 18&U
Born 1987 and later

Women 14&U
Born 1991 and later

Women 19& U
Born 1986 and later

Special Roster Rules

There is a maximum of 25 players per team roster. A minimum of 12 skaters and two goaltenders is recommended. Players may only be rostered on one team per tier, but may be rostered on teams in different tiers. Also, unlike previous seasons, roster exceptions to age rules will NOT be allowed.

League Meeting

A league meeting will be held Thursday, May 5 from 7-9 p.m. in the RMU Island Sports Center Sports Dome. All teams must send a representative to this meeting who has knowledge of their roster.

Fees

Teams
$1,495 for all levels. A $600 deposit is required to secure your team’s spot, with the balance due by the first game.

Individuals
$150 for all levels. Individually registered players have a practice in early May and receive a jersey. You will be notified by April 25 of your practice date.
**ADULT ICE HOCKEY PROGRAMS**

**Senior Iron Lung Draft League**  
*Ages 30 and Older • Year-Round*

This league promotes friendly yet competitive hockey games and very few penalties. You must be 30 as of the first day of a session to play.

The spring/summer session consists of six teams of 15 skaters and a goalie. A total of 15 games are possible: 12 games plus all teams make the playoffs.

■ **Rating Sessions**  
The first week of each session features a rating session followed by a draft. Players should attend the proper rating session below.

| Spring/Summer Session | Monday, May 9 | 9:00 p.m. | Veterans A-L  
|-----------------------|---------------|-----------|----------------|
|                       | Monday, May 9 | 10:20 p.m.| Veterans M-Z  
|                       | Tuesday, May 10 | 9:00 p.m. | All new players |

■ **Schedule**  
Games are played Monday and Tuesday evenings during the spring/summer session.

| Spring/Summer Session | May 9-Aug. 18 |

■ **Registration**  
Players may register as an individual or with a friend. This program fills quickly and has a Priority Registration Policy. Visit our website for more information.

■ **Carpools**  
Players may carpool with another friend. Please indicate on the registration form the player you wish to carpool with. New players to the league requesting a carpool must attend the rating session to be placed on a team with their friend.

■ **Fee**  
Skaters $175, goalies $45. Jerseys can be purchased at the first game for $18.

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**Adult Team Entry League**  
*Year-Round*

Teams are fielded at the B, C and D levels. Games are played all days of the week. In the summer session, 11 games are guaranteed and 17 are possible (10 games plus all teams make the playoffs).

■ **Captains’ Meeting**  
A team representative must attend a captains’ meeting before the start of each session.

**Summer Session**  
Monday, May 23, 2005, 7:30-9:00 p.m.

■ **Fee**  
$1495 per team (Summer Session). A $100 early-bird discount and flexible payment plans are available. Call for details.

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**WOMEN’S ICE HOCKEY PROGRAMS**

**Learn to Play Hockey for Women (Ice Maidens)**  
*Fall/Winter/Spring*

The Learn to Play Hockey for Women program is designed to teach the basics of hockey to women who are beginners or recreational skaters. The nine-week clinic is instructed by Tara McMillen, head coach of the Chatham College NCAA Division III women’s ice hockey team. Players must have graduated from high school to enroll in this program.

■ **Equipment**  
Ice hockey helmet with face mask, hockey skates, elbow pads, hockey pants, hockey gloves, shin guards and a hockey stick are required; hockey shoulder pads are recommended. Skate rental is available at no charge. Helmets and pants have been donated to this program by Chatham College and are available free of charge; to use this equipment, arrive one hour early for fitting.

■ **Schedule**  
All classes are held on Sundays from 8:15 to 9:05 p.m.

| Spring Session | April 3-June 12  
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■ **Fee**  
$99, plus all participants must purchase a jersey for $18. Skate rental is available at no charge.

Register online today at [www.rmuislandsports.org](http://www.rmuislandsports.org)!
ICE HOCKEY TOURNAMENTS

Ice Hockey Iron Man Tournament: Only the Strong Survive
April 2-3
A day of nonstop hockey action for teams at the Mite, Squirt, Pee Wee, Bantam, Midget and Adult levels. Games are 4-on-4 plus goalies and consist of a 12-minute running time period. All games are played in one day. A total of five games are possible: each team plays three round-robin games and the top four teams advance to the playoffs. Rosters are limited to six skaters and one goalie. Goalies may play on more than one team per level. Age levels are based upon 2004-05 USA Hockey age levels. Adults must be 18 as of April 2, 2005.

Schedule
Mites, Pee Wees and Midgets Saturday, April 2
Squirts, Bantams and Adults Sunday, April 3

Fee
$199 per team. Registration deadline is March 21 or until tournament is full.

Pittsburgh Tier I-AAA U-16 Invitational Tournament
November 25-27
This tournament is designed for elite-level teams and players who wish to compete against some of the highest level of play in their age category. This tournament is by invitation only. Teams must register and pay a $900 entry fee by Sept. 1, 2005. Teams will be notified of acceptance upon receipt of application and entry fee. Teams not accepted will have their entry fee refunded. For more information, contact Dave Hanson at 412-269-4453 or hanson@rmuislandsports.org or Bob Arturo at 412-269-4456 or arturo@rmuislandsports.org.

Nutcracker Tournament
December 26-31
The region’s premier holiday ice hockey tournament for AA, A (Major and Minor) and B teams at the Mite, Squirt, Pee Wee and Bantam levels! The tournament draws a maximum of 64 of the most talented teams from the Pennsylvania, Ohio, West Virginia and New York.
Age levels are based on 2005-06 USA Hockey age levels. Teams must play with their regular league roster and may NOT add players to their roster for the tournament. House all-star teams are allowed if formed exclusively from an in-house program.
Games feature three 12-minute stop-time periods. Teams play three games, and the top two teams in each division advance to the championship. We guarantee that 50% of teams will play in a championship game!

Schedule
Pee Wees & Bantams Dec. 26-28
Mites & Squirts Dec. 28-31
Out-of-town Pee Wee and Bantam teams will play late games on Dec. 26. Out-of-town Mite and Squirt teams will not play on Dec. 28 and will play late games on Dec. 29.

Fee
$860 per team. Admission to the tournament is FREE for family and friends. Out-of-town teams staying at an RMU ISC partner hotel receive a $200 discount.
YOUTH INLINE PROGRAMS

Learn to Skate and Play InLine Hockey
Ages 6-13 • Year-Round

This program gives children the opportunity to learn the basics of skating and InLine hockey in a fun-to-learn and structured environment. Children are divided into groups according to age and skill. Each weekly class consists of 45 minutes of skating and stick skill instruction and a 15-minute game. Upon completion of the classes, children will be able to join the RMU Island Sports Center Rollin’ Colonials and enjoy playing hockey with youngsters of similar age and ability.

FREE Learn to Skate Clinics
Each eight-week session begins with a free skating clinic. These clinics give children the opportunity to try skating without having to invest in equipment or a registration fee. Pre-registration is not required.

Equipment
The following hockey equipment is recommended for the free clinics and required for the classes: helmet with facemask, elbow pads, shin guards and a stick. A limited number of rental skates in youth sizes 11-4 are available to first-time participants at no charge. Call 412-269-4456 to reserve a pair.

Schedule
All clinics and classes are held on Wednesdays from 6:30-7:30 p.m. on the Open Air Stadium Rink.

Spring Session 1
Free Clinic Feb. 9
Classes Feb. 16-April 6

Spring Session 2
Free Clinic April 13
Classes April 20-June 8

Summer Session
Free Clinic June 22
Classes June 29-Aug. 17

Fee
$49, which includes an Island Colonials jersey for the first session in which skaters enroll.

Rollin’ Colonials Youth House League
Ages 7-14 • Year-Round

This league stresses individual skills integrated with team play to provide an enjoyable and non-competitive learning environment. The first three weeks feature a practice and a rating session. The remaining seven weeks feature controlled scrimmages and games.

Teams are formed at two different age levels: 7-10 and 11-14. Eight teams at each level are formed in the spring and summer and four teams at each level in the fall and winter. Games are 4-on-4 plus goalie, using a puck. There is no offsides or icing. A maximum of 13 players are placed on each team. The parity system is used to ensure children of the same age and ability are on the court.

Equipment
Players are required to wear appropriate hockey equipment, including helmet with facemask, mouth guard, elbow pads, gloves, shin guards, and InLine hockey skates. A limited number of rental skates in small and youth sizes 11-4 are available to first-time participants at no charge. Call 412-269-4456 to reserve a pair. Our playing surface is an enclosed outdoor plastic sport court. A durometer of 72A-76A is recommended for your wheels. Use of a harder wheel more suited for asphalt or cement will cause you to lose traction and slip on the court.

Schedule
Practices and games are held on Tuesdays and Thursdays during the spring and summer sessions. Spring session players should report for their first court slot on Tuesday, April 5, at 6:30 p.m.

Spring Session April 5 & 7-June 7 & 9
Summer Session June 21 & 23-Aug. 23 & 25

Fee
$79, which includes a Rollin’ Colonials jersey and an individual participant trophy.

Register online today at www.rmuislandsports.org!
Weekly Skills Clinics
Ages 7-14 • Year-Round

An excellent opportunity to improve your individual skills! Each 10-week session includes instruction on skating, stick handling, passing and shooting. Players must be playing in an organized InLine hockey league to enroll. Classes are limited to 20 skaters and two goaltenders.

Class Times
All clinics are held on Wednesdays according to the following schedule:
Ages 10-14 5:00-5:45 p.m.
Ages 7-10 5:45-6:30 p.m.

Schedule
Spring Session
April 6-June 8

Summer Session
June 22-Aug. 24

Fee
Skaters $79, goalies $20

PaPower InLine Hockey League
All Ages • May-July

Now in its fourth season, this league provides players with the opportunity to compete at the highest level without having to leave the area. Games are played at the RMU Island Sports Center, HotShots Arena in New Stanton, Pa., Family Sports Center in Butler, Pa., and BladeRunners Arena in Harmarville, Pa.

Teams play 12 games on three different weekends in May and June with playoffs in July. Each weekend teams play four games, two per day at the same location. All teams make the playoffs. Registration is by team only. Organizations host their own tryouts and form their best team to compete in this highly competitive league. All players and clubs must be registered with AAU.

Format
Games are played with a puck and feature three 15-minute running time periods with a stop clock in the final two minutes of a game that is within two goals. Regular-season games ending in a tie feature a five-minute sudden-death overtime. Teams losing in overtime earn one point, while winners earn two. Playoffs are single-elimination. The first and second-place teams earn individual medals while the champions receive T-shirts.

Age Divisions
8 & Under Born 1996 and later
10 & Under Born 1994 and later
12 & Under Born 1992 and later
14 & Under Born 1990 and later
16 & Under Born 1988 and later
18 & Under Born 1986 and later
Adult Must be 18 by May 7, 2005

Players may skate up one division; however, all Adults must be 18. Girls playing in 10&U may be one year older than the above ages. Girls playing in 12&U, 14&U, 16&U and 18&U may be two years older than the above ages. In addition to skates, gloves, stick, shin guards and an athletic cup, 8&U through 18&U must wear a helmet with full facemask. Adults must wear a helmet.

Schedule
May 7-8
May 21-22
June 11-12
June 18-19 (playoffs)

Registration Deadline/League Meeting
Monday, April 18 at 7:30 p.m. at the RMU Island Sports Center. All teams must be paid in full by this date and have a representative at this meeting.

Fee
The league fee includes both officials and scorekeepers.
10&U, 12&U................. $999 per team
14&U.......................... $1,049 per team
16&U, 18&U.................... $1,099 per team
Adults........................ $1,119 per team
**Spring/Summer High School & Youth League**

*April 18-July 17*

This league is designed to provide local teams the opportunity to compete in a highly competitive series of games on a weekly basis to prepare them for weekend tournament play. Games are played on Monday through Thursday evenings. Teams play 10 games and all teams make the playoffs. All games are played at RMU Island Sports Center. All players must be registered with AAU.

**Format**

Games are played 4-on-4 with a puck and consist of three 15-minute running-time periods with a stop clock during the final two minutes of a game that is within two goals. There is NO icing or off sides. Regular-season games ending in a tie feature a five-minute sudden-death overtime. Teams losing in overtime earn one point, while winners earn two. Playoffs are single-elimination.

**Age Levels**

- 10 & Under Born 1994 and later
- 12 & Under Born 1992 and later
- 14 & Under Born 1990 and later
- High School In high school this year or entering high school next fall

**Equipment**

Players are required to wear a helmet designed for hockey with a full facemask, internal mouth guards, elbow pads, gloves designed for hockey or lacrosse, hockey shin guards and InLine skates. Tape is NOT allowed on stick blades except for one strip on the blade.

**Registration Deadline/League Meeting**

Monday, April 4 at 7:30 p.m. All teams must be paid in full by this date and have a representative at this meeting.

**Fee**

Teams $795, which includes officials’ and scorekeepers’ fees. A $100 deposit must accompany registration with the balance due by the first game.

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**Summer InLine Hockey Camp**

*Ages 8-17 • July/August*

This five-day camp provides high-level instruction and competitive games for two age levels: 9-12 and 13-16. Each day includes 90 minutes of skill development and 60 minutes of controlled games. Players receive an RMU Island Sports Center InLine Camp T-shirt and one-hour use of the mini-golf course, driving range and batting cages.

**Schedule**

- Week 1 July 11-15
- Week 2 August 15-19

**Fee**

$99 per skater, $25 per goalie.

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**HIGH SCHOOL AND COLLEGE INLINE PROGRAMS**

**Pennsylvania Interscholastic Roller Hockey League (PIRHL)**

*September-March*

Now in its sixth season, the league has grown to over 30 high schools that field over 70 teams. The league has nine divisions. Games are played Saturdays and Sundays from 9 a.m.-9 p.m. For more information, contact league president Jim Lorish at 412-364-3765 or John Hunter at 724-444-6606. Visit their website at www.pirhl.net.

**Western Pennsylvania Collegiate InLine Hockey League**

*September-April*

This competitive league includes 18 teams representing 10 schools divided into two tiers: Robert Morris University, Pitt, Carnegie Mellon, CCAC South, Duquesne, Grove City, CCAC North, Geneva, LaRoche and Slippery Rock. For more information, contact Bob Arturo at 412-269-4456 or arturo@rmuislandsports.org.

Register online today at [www.rmuislandsports.org](http://www.rmuislandsports.org)!
ADULT INLINE PROGRAMS

Adult Team Entry League
Ages 18 and Older • Year-Round

Teams are fielded at the A, B, C and D levels. Players must be 18 years old by the first day of league play. Games times are determined at the league meeting.

Rosters are limited to 20 players. A total of 16 games are possible: 10 games plus all teams make the playoffs. Games are 4-on-4 plus a goalie, using a puck. There is no offsides or icing. Games have three 15-minute running time periods with stop clock in the final two minutes if a game is within two goals.

Captains Meetings
All teams must have a representative at this meeting.

Spring Session Tuesday, March 1, 7:45-9 p.m.
Summer Session Tuesday, May 10, 7:45-9 p.m.

Schedule
Spring Session March 23-May 30
Summer Session June 1-August 31

Fee
$950 per team. A $100 deposit is due with registration. An early-bird discount of $75 is available. This program fills quickly and has a Priority Registration Policy. Call or visit our website for more details.

New Special! Teams winning the A league receive a 50% discount off the fee for the following session in the A league.

Adult InLine Draft League
Ages 18 and Older • Year-Round

This is a draft league in which players may enter as an individual or with a friend. You must be 18 or older as of the first day of the session. This league promotes friendly yet competitive games with very few penalties.

Four teams are formed. Teams consist of a maximum of nine skaters and one goalie. Games are played 4-on-4 plus a goalie. Up to 15 games are possible: 10 games plus all teams make the playoffs.

Schedule
Games are played Tuesday and Wednesday evenings.
Spring Session March 23-June 1
Summer Session June 8-August 17

Rating Session
The first week features a rating session where players are rated for the purpose of forming equal teams. Players should attend the proper rating session below:

Spring Session Wednesday, March 9, 7:30 p.m.
Summer Session Wednesday, May 18, 7:30 p.m.

Captains
Four captains are needed. Captains draft players on to their teams. Captains do NOT skate at the rating session; they rate players on a 1 to 5 scale and a draft is held immediately afterwards.

Fee
Skaters $99, goalies $25. All players must purchase a jersey for $10 at the first game.

INLINE TOURNAMENTS

AAU National Qualifier Tournament
April 15-17

To register or for more information, visit the AAU website at www.aausports.org.

Sixth Annual Summer Classic InLine Tournament
July 22-24

The Summer Classic gives both local and out-of-town teams the opportunity to participate in a highly competitive tournament. Out-of-town teams do not play July 22.

Games have three 12-minute running time periods with a stop clock in the last two minutes of the third period if the game is within two goals. There is no icing or offsides. Up to five games are possible: three games guaranteed, plus four teams make the playoffs.
Register online today at www.rmuislandsports.org!

**Age Levels**

Elite and Competitive divisions are fielded at the following age groups:

- **10 & Under**: Born 1994 and later
- **12 & Under**: Born 1992 and later
- **14 & Under**: Born 1990 and later
- **16 & Under**: Born 1988 and later
- **18 & Under**: Born 1986 and later
- **Adult**: 18 as of July 22, 2005

**Fee**

$335 per team.

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**InLine Iron Man Tournament**

August 13-14

A day of nonstop hockey action! Once the official drops the puck to start the game, there are no stoppages in play. No time for celebration after you score – the opponent fishes the puck out of the net and comes right back at you! Games are 4-on-4 plus a goalie and consist of a 12-minute running time period. There is no icing, offsides or checking and no player substitutions. Up to five games are possible: three games are guaranteed, plus four teams make the playoffs. First- and second-place individual medals are awarded.

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**Equipment**

All players must wear a helmet designed for hockey, elbow pads, gloves designed for hockey or lacrosse, hockey shin guards and InLine skates. Tape is not allowed on the stick blade except for one strip across the blade. All players under 18 must wear a helmet with a full facemask.

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**Schedule**

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<td>10 &amp; U, 14 &amp; U, Adult</td>
</tr>
<tr>
<td>12 &amp; U, 17 &amp; U</td>
</tr>
</tbody>
</table>

**Fee**

$99 per team

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**Fourth Annual Turkey Trot InLine Tournament**

November 25-27

The Turkey Trot gives both local and out-of-town teams the opportunity to participate in a highly competitive tournament. Out-of-town teams do not play Nov. 25.

Games have three 12-minute running time periods with a stop clock in the last two minutes of the third period if the game is within two goals. There is no icing or offsides. Up to five games are possible: three games guaranteed, plus four teams make the playoffs.

---

**Age Levels**

Elite and Competitive Divisions are fielded at the following age groups:

- **10 & Under**: Born 1994 and later
- **12 & Under**: Born 1992 and later
- **14 & Under**: Born 1990 and later
- **16 & Under**: Born 1988 and later
- **18 & Under**: Born 1986 and later
- **Adult**: 18 as of Nov. 25, 2005

**Fee**

$335 per team.

---

**HOCKEY STAFF**

Bob Arturo, Hockey Director

“Coach Bob” has an undergraduate degree in child development/child care and has taught over 10,000 youngsters the basics of skating and hockey during his 20+ years in coaching.
CAMPS AND CLINICS

The RMU Hockey Academy at the RMU Island Sports Center offers camps and clinics for hockey players of all ages and ability levels. Our staff of coaches includes Derek Schooley and Nate Handrahan, the head coach and assistant coach of RMU’s NCAA Division I men’s ice hockey team, and Marianne Watkins, a world-renowned power skating coach who has instructed NHL pros as well as young aspiring hockey players.

The following are brief descriptions of several programs the RMU Hockey Academy is offering for Spring/Summer 2005. For information on exact dates, times and prices, please visit www.rmuislandsports.org. Also, sign up for our e-mail newsletter to receive up-to-date information on other camps and clinics that may be added during the year.

Hockey Survival Skills and Games
March-June

To succeed and survive in hockey at any level, a player must commit to training both on and off the ice, and must continually develop his or her individual conditioning, skating and hockey skills. A player’s body and mind must be ready to perform, react and endure the challenges of one of the most physically and mentally demanding sports in the world. Each year the need for speed, strength, skills, and efficiency becomes more apparent and necessary to compete.

Now is the time to build that foundation and prepare for spring tryouts and the upcoming season. RMU Hockey Academy coaches Nate Handrahan and Marianne Watkins are committed to teaching, demonstrating and guiding you through the disciplines of training and pushing you beyond your comfort zone to reach your full potential.

Schedule and Fees

Session 1: March 27-April 28 (5 weeks, $140)
This program includes one 80-minute practice per week that includes power skating, skill development and small games.

Session 2: May 1-June 2 (5 weeks, $260)
This program includes two 80-minute practices per week that include power skating, skill development, and small games.

Junior/College Prospects Showcase
May 18-20

This three-day camp provides high-level instruction and competitive games for high school and midget-level teams. Each session is overseen by college and junior-level coaches and offers a great opportunity to prepare for junior or college tryouts. Fee: $225.
Summer Hockey Camps

July-August

Every player looks for an edge leading up to the season. The RMU Hockey Academy offers a full schedule of camps to help the average player or the advanced player. We offer full day camps as well as a number of specialty camps. Call or visit our website for more information.

Schedule and Fees

<table>
<thead>
<tr>
<th>Camp Type</th>
<th>Dates</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Checking Camp</td>
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<tr>
<td>Goalies Camp</td>
<td>July 18-22</td>
<td>$450</td>
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<tr>
<td>Power Skating Camp</td>
<td>July 18-22</td>
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<td>Forwards Camp</td>
<td>July 25-29</td>
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<td>Defensemen Camp</td>
<td>July 25-29</td>
<td>$325</td>
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<tr>
<td>All-Day Camp</td>
<td>Aug. 1-5</td>
<td>$325</td>
</tr>
<tr>
<td>Girls Camp</td>
<td>Aug. 8-12</td>
<td>$275</td>
</tr>
</tbody>
</table>

Junior/College Conditioning Camp

Aug. 8-12

This conditioning camp is designed for players preparing for tryouts at the Junior A and college levels. The program includes on- and off-ice conditioning that is very demanding and will have you ready for your season. Fee: $250.

High-Level Power Skating Skills and Conditioning

August

This program is designed for the AA/AAA travel hockey player preparing to start the disciplines of hockey season. Power skating skills and conditioning are the main focus of this preseason camp. Marianne Watkins provides quality instruction through high-tempo drills to reinforce the importance of solid skating fundamentals and skills. For more information, contact Marianne Watkins at 412-269-4468 or watkins@rmuislandsports.org.

TEAM AND PRIVATE HOCKEY INSTRUCTION

The RMU Island Sports Center offers some of the best hockey instruction anywhere in the country. With some of the area’s top hockey coaches on staff, we can help you improve your skating skills and/or general hockey skills on a more personalized basis.

Team Power Skating Instruction

Year-Round

The emphasis of Team Power Skating is to develop the number one skill of the game, which is essential to compete and take your team to the next level. With 20 years of experience in developing skating abilities for amateur and professional hockey players, Marianne Watkins will demonstrate updated techniques through innovative and challenging drills and exercises while applying them to game situations. Team members will gain a better understanding of correct skating and how it will benefit their performance. Coaches will gain new ideas for drills to incorporate into their own skating practices and reinforce techniques. For more information, contact Marianne Watkins at 412-269-4468 or watkins@rmuislandsports.org.

Team Specialized Power Skating and Conditioning – Preseason

September-October

During the preseason and start of the season, team practices should focus on skills and conditioning. What better way to reinforce and update your team’s hockey skating techniques than with power skating specialist Marianne Watkins? Every year the need for speed and technical efficiency becomes more apparent to compete. Today’s game requires each player on the team to excel in skating abilities to enhance their playing positions. Book early and reap the benefits of learning from one of the best hockey instructors in the game today.
Iron Lung Adult Hockey Training
Seasonal
For rookie or veteran hockey players who want to enhance their performance through improved skills, conditioning and confidence. Coaches Marianne Watkins and Nate Handrahan provide quality instruction in all aspects of the game, allowing players to progress at their own skill level with time for individual instruction. Visit www.rmuislandsports.org for more information.

Private and Small Group Power Skating Instruction
Year-Round
The biggest improvement you can make to your game is through your skating. No one is born a great skater; it takes knowledge, practice, and discipline to achieve great skill. Invest in your hockey future with one-on-one instruction from one of the top power skating coaches in the business. Marianne Watkins will help accelerate the development of your skills to the highest level and share her own tips and experiences from working with some of the best players and coaches at the amateur and professional levels. For more information, contact Marianne Watkins at 412-269-4468 or watkins@rmuislandsports.org.

RMU HOCKEY ACADEMY STAFF

Nate Handrahan, Director of Camps and Clinics
The assistant coach of RMU’s NCAA Division I men’s hockey team, Nate is a former pro and collegiate player with over 10 years of camp instruction experience. He previously coached at Niagara University and with USA Hockey.

Marianne Watkins, Director of Power Skating
One of the most sought after power skating coaches in the world, Marianne has over 20 years of experience developing skating abilities for both amateur and professional hockey players. She has worked with many of today’s top NHL and collegiate hockey players and coaches.

Derek Schooley, NCAA Advisor
The inaugural head coach of RMU’s NCAA Division I men’s hockey team, Derek is a former collegiate player and a former assistant coach at Air Force, Cornell, the AHL’s Chicago Freeze and the 2002 U.S. Under-18 Select Team.
Skating School

Skating School programs provide skaters ages 3 through adult with the basic skills necessary to skate safely and competently, whether for figure skating, ice hockey or recreation. Students learn the basic elements of ice skating and develop a sense of coordination and balance on the ice.

Program Benefits
- Ice Skating Institute’s (ISI) basic curriculum
- Skill levels: Tots 1, 2, 3, 4, Pre-Alpha, Alpha, Beta, Gamma, Delta
- Skill level evaluation and testing
- ISI merit badges for each skill level completed
- ISI test registration and complimentary annual membership for skaters testing at Alpha level or higher
- Includes skate rental and a public skating session

Registration
Class size is limited, and enrollment is on a first-come, first-served basis. Open enrollment is available throughout a program series, provided space is available (cost will be prorated). Programs must meet a minimum enrollment requirement with advanced registrations for classes to be held. Students registering seven days before the first day of class receive a $10 discount. Additional family members enrolled in the same program series receive a 10% discount.

INSTRUCTIONAL CLASSES

Learn to Skate
Ages 3-Adult • Year-Round

Balance, forward and backward skating, stopping, turning and edges are taught at the different skill levels. Provides the building blocks for advancement in each of the ISI Skill Levels, which are necessary for more advanced disciplines such as ice hockey and figure skating. Includes a weekly 30-minute instructional class and public skating session. Students must attend the same class day and time throughout the program series. No skating experience is necessary.

FREE Learn to Skate Clinics are offered at various times at the end of the session. Visit our website or call 412-269-4469 for details.

Class Times

Wednesdays
6:30 - 7:00 p.m. Instructional Class
7:00 - 8:30 p.m. Public Skating Session

Saturdays
12:00 - 12:30 p.m. Instructional Class
12:30 - 2:30 p.m. Public Skating Session

Schedule and Fees

Spring Session
March – May, Wednesday and Saturday classes

Summer Sessions
June – August, Wednesday classes
(Saturday classes resume in September)
An additional weekday class will be offered in the summer (day and time TBA). Visit our website for details.

$100 per 8-week session. $10 early-bird discount if registered seven days before the first day of class.

Length of series and fees vary depending on seasonal schedule – please see our website or Skating School brochure for specific dates and fees.

Register online today at www.rmuislandsports.org!
Make-Up Classes
Students are limited to one make-up class per series, which must be completed before the end of the program.

Wednesday Students
Saturday 12:00 - 12:30 p.m.

Saturday Students
Wednesday 6:30 - 7:00 p.m.

Little Stars
Ages 3-5 • Fall/Winter/Spring
Teaches pre-school children the preliminary coordination and strength necessary to maneuver on ice skates. Through fun and games, students learn the proper way to fall and get up, balance on the ice, skate forward and backward, glide and stop, preparing them for more advanced skating skills. Includes a weekly 30-minute instructional class and public skating session. No skating experience is necessary.

Please note: A minimum of four skaters must be registered 48 hours prior to the first day of class in order for class to be held.

Class Times
Thursdays
1:30 - 2:00 p.m. Instructional Class
12:00 - 2:20 p.m. Public Skating Session

Schedule and Fees
Spring Session
March – June

$100 per eight-week session. $10 early-bird discount if registered seven days before the first day of class.

Length of series and fees vary depending on seasonal schedule — please see our website or Skating School brochure for specific dates and fees.

Little Stars and Big Pals
Ages 3-5 + Adult Pal • Fall/Winter/Spring
Offered to tots and a parent or guardian who want to learn the basics of skating together in a fun atmosphere. Tots must be comfortable leaving adult during class. Includes a weekly 30-minute instructional class and public skating session. No skating experience is necessary for tots; adults should have basic skating ability.

Please note: A minimum of four skaters must be registered 48 hours prior to the first day of class in order for class to be held.

Class Times
Tuesdays
10:00 - 10:30 a.m. Instructional Class
10:00 - 11:30 a.m. Public Skating Session

Schedule and Fees
Spring Session
March – June

$110 per eight-week session (includes both tot and adult); $72 per additional child from the same family (sibling discounts do not apply). $10 early-bird discount if registered seven days before the first day of class.

Length of series and fees vary depending on seasonal schedule — please see our website or Skating School brochure for specific dates and fees.

Coffee Club
Adults • September-May
An ongoing series of walk-on skating sessions for adults that enjoy socializing and figure skating — a great combination! Each session includes a 30-minute instructional session taught by one of our figure skating staff professionals, an open skating session, coffee and snacks. The class focuses on basic skating skills for the beginning skater and on field moves, ice dancing or freestyle moves for the more experienced skater. Skaters do not need to participate in the lesson to skate during the open skate.

Little Star programs end in June and resume in September. Little Star students are welcome to join Learn to Skate classes during the summer months.

For more information: 412-262-3335 or www.rmuislandsports.org
**Schedule**

**Wednesdays**
9:30 - 10:00 a.m.  Instructional Class  
10:00 - 11:50 a.m.  Open Skate  

**Fridays**
9:30 - 10:00 a.m.  Instructional Class  
10:00 - 11:50 a.m.  Open Skate  

**Fee**
Coffee Club Pass  $90 for 10 sessions  (expires 5/31/05)  
Walk-On Pass  $11 per session  

---

**PRIVATE SKATING INSTRUCTION**

Private instruction is available for those interested in recreational skating or in developing the skills to be a figure skater or hockey player. All staff instructors are qualified and experienced professionals that offer all levels of skating instruction based on individual goals. Lessons are offered to beginner through advanced levels, for recreational ice skating, figure skating or basic hockey skills. Rates range from $15 to $55 per 30-minute lesson; rates are determined by the instructor’s individual achievements, coaching accomplishments and years of experience. Instructor fees are paid directly to the instructor, and all appropriate session fees and skate rental fees must be paid at the Customer Service Center before going onto the ice for a private lesson.

For more information and a list of available instructors, contact Beth Sutton at 412-269-4469 or sutton@rmuislandsports.org.

---

**SKATING SCHOOL STAFF**

**Beth Sutton, Skating Director**
A former national and Junior Olympic coach and Ice Capades show skater, Beth is a member of U.S. Figure Skating, the Ice Skating Institute and the Professional Skaters Association.

---

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Register online today at www.rmuislandsports.org!
FIGURE SKATING ACADEMY

The Figure Skating Academy (FSA) was established for U.S. Figure Skating members, U.S. Figure Skating Basic Skills students and Ice Skating Institute (ISI) members interested in furthering the development of their figure skating skills. The FSA encourages individual skaters to participate in group activities to enhance skills and develop sportsmanship, while enjoying a sense of camaraderie in a fun and energetic skating atmosphere.

Membership in the FSA is available for an annual fee. FSA members receive special membership benefits for FSA programs and events.

Membership Benefits
- Reduced fee on daily freestyle sessions and monthly ice packages (Sept.-May)
- Discount on Summer Figure Skating Training Program (June-Aug.)
- Discount on Academy membership fee for additional family members
- Free Academy team freestyle session on Fridays from 5-5:50 p.m. from Sept. 3, 2004 - June 10, 2005 (Subject to cancellation or change)
- RMU ISC Figure Skating Academy Team T-shirt
- 10% discount on Pro Shop merchandise (does not include sharpening and services)
- Team warm-up suits available for an additional fee

Annual Fee
$120 (Sept. 1, 2004 - Aug. 31, 2005)
$60 additional family members

New members who join on or after March 1, 2005, pay $60 for membership from March 1 – Aug. 31, 2005 ($30 additional family members).

Skaters do not have to be members to participate in FSA instructional classes, daily freestyles or group events. Non-member fees may apply.

FSA INSTRUCTIONAL CLASSES

FSA instructional classes provide a fun and safe skating experience and promote physical fitness in a group atmosphere. Students develop the basic skills necessary for figure skating, learn correct techniques and develop a sense of coordination and balance on the ice. Skaters do not have to be FSA members to participate in instructional classes.

FSA instructional classes feature:
- U.S. Figure Skating Basic Skills curriculum
- Skill levels: Basic Eights, Freestyle, Ice Dancing, Pair Skating and Synchronized Team
- Skill record book with stickers to track skater’s progress
- U.S. Figure Skating merit badges for each skill level completed
- Freestyle practice session
- Discount available for multiple class registrations within the same series

For more information: 412-262-3335 or www.rmuislandsports.org
Introduction to Figure Skating
U.S. Figure Skating Basic Skills
Year-Round

A comprehensive lesson and testing structure designed to develop fundamental ice skating skills while introducing the basic elements of figure skating. Emphasis is on mastery of forward stroking, forward and backward crossovers, edges and turns. More advanced skills and figure skating elements necessary for freestyle, ice dancing, field moves, pair skating and synchronized skating are introduced. Includes a 30-minute instructional class and a freestyle practice session each week.

Prerequisites
- Successful completion of ISI Beta Skill Test or U.S. Figure Skating Basic 5
- Continued participation in the RMU ISC Skating School Learn to Skate program and/or consistent private ice skating lessons.

Class Times

**Wednesdays**
4:40 - 5:40 p.m. Freestyle Practice Session
5:40 - 5:50 p.m. Stroking Workshop
6:00 - 6:30 p.m. Instructional Class

**Saturdays**
10:30 - 11:20 a.m. Freestyle Practice Session
11:20 - 11:30 a.m. Stroking Workshop
11:30 - 12:00 p.m. Instructional Class

Schedule and Fees

**Spring Session**
March – May, Wednesday and Saturday classes

**Summer Sessions**
June – August, Wednesday classes only (Saturday class resumes in September)

$135 per nine-week session.
No discount for not using freestyle sessions.
Walk-on fee $18 per class.

Length of series and fees vary depending on seasonal schedule – please see our website or Figure Skating Academy Instructional Classes brochure for details.

Figure Skating Development
U.S. Figure Skating Freestyle 1-6
Year-Round

Builds the foundation of figure skating skills. Skaters learn skills in the U.S. Figure Skating Free Skating Test Structure (FS 1-6), focusing on moves in the field, dance/footwork sequences, spins and jumps. Emphasis is on showing good use of edges and a mastery of the basic skills, single jumps and basic spin positions required in the U.S. Figure Skating pre-preliminary field move and freestyle tests. Open to both ISI and U.S. Figure Skating skaters. Skaters are divided into groups based on enrollment and FS test level. Includes a 30-minute instructional class and a freestyle practice session each week.

Prerequisites
- Successful completion of the ISI Delta Skills Test or U.S. Figure Skating Basic 8
- Private instruction from an RMU ISC staff professional is strongly recommended

Schedule and Fees

**Spring Session**
March – May, Wednesday and Saturday classes

**Summer Sessions**
June – August, Wednesday classes only (Saturday class resumes in September)

$135 per nine-week session.
No discount for not using freestyle sessions.
Walk-on fee $18 per class.

Length of series and fees vary depending on seasonal schedule – please see our website or Figure Skating Academy Instructional Classes brochure for details.

Register online today at www.rmuislandsports.org!
**Junior Competitor Series**

**Year-Round**

Introduces skaters with a strong foundation of field move skills, jumps and spins to a variety of skating disciplines. Emphasis is on improving speed and control to enhance flow, carriage and body movement on the ice; techniques for field moves, freestyle, ice dancing, basic pair skating and synchronized skating; program development focusing on what judges look for in a competition or test routine; and competition preparation from practice to performance. Open to both ISI and U.S. Figure Skating skaters. Includes a 30-minute instructional class, complimentary stroking workshop and freestyle practice session each week.

**Prerequisites**
- Successful completion of the U.S. Figure Skating Freestyle 6 test, ISI Freestyle 5 or U.S. Figure Skating Pre-Preliminary Freestyle test
- Private instruction to accelerate progress and focus on individual skating needs.

**Schedule and Fees**

**Spring Session**
March – May, Wednesday and Saturday classes

**Summer Sessions**
June – August, Wednesday classes only (Saturday class resumes in September)

$135 per nine-week session.
No discount for not using freestyle sessions.
Walk-on fee $18 per class.

Length of series and fees vary depending on seasonal schedule – please see our website or Figure Skating Academy Instructional Classes brochure for details.

**Stroking Workshop**

**Year-Round**

Teaches correct stroking techniques to help skaters develop a sense of style with more power, speed and endurance. Emphasis is on improving power, speed and control to enhance flow, carriage and body movement on the ice, enhancing skating style, and building endurance. Open to both ISI and U.S. Figure Skating skaters. Includes a 10-minute instructional class each week.

**Prerequisite**
- Successful completion of ISI Beta Skill Test or U.S. Figure Skating Basic 5 and higher

**Class Time**
Saturdays 9:30 - 10:15 a.m.

**Off-Ice Conditioning With Elena Valova**

Fall/Winter/Spring

This class helps figure skaters to improve their on-ice performance by increasing strength, flexibility and endurance. Off-ice conditioning is essential for developing single, double and triple jump techniques and can enhance skaters’ potential through proper training and nutrition. World and Olympic champion Elena Valova’s training techniques can enhance skaters’ on-ice training and develop skating skills. Appropriate for skaters enrolled in Introduction to Figure Skating, Figure Skating Development or Junior Competitor Series.

**Prerequisite**
- Successful completion of ISI Beta Skill Test or U.S. Figure Skating Basic 5 and higher

**Class Time**
Saturdays 9:30 - 10:15 a.m.

For more information: 412-262-3335 or www.rmuislandsports.org
**Schedule and Fees**

*Spring Session*
March – May

$81 per nine-week series  
Walk-on fee $12 per class

Length of series and fees vary depending on seasonal schedule — please see our website or Figure Skating Academy Instructional Classes brochure for details.

**Summer off-ice conditioning classes with Elena Valova** are offered in conjunction with the Summer Figure Skating Training Program. Please see our website or Summer Figure Skating Training Program brochure for details.

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**FREESTYLE SESSIONS**

*September – Mid-June*
Freestyle session policies and procedures can be found in the RMU Island Sports Center Figure Skating Academy program booklet. Please contact the skating director for detailed information.

The following daily freestyle session ends June 10. Please see our website or Summer Figure Skating Training Program brochure for the June-August session schedule.

**Morning Sessions**
Monday-Friday
6:00 - 7:00 a.m. • 7:00 - 8:00 a.m. • 8:00 - 9:00 a.m.  
Saturday
10:30 - 11:20 a.m.

**Afternoon Sessions**
Monday-Tuesday
2:30 - 3:30 p.m. • 3:30 - 4:30 p.m. • 4:30 - 5:20 p.m.  
Wednesday
2:30 - 3:35 p.m. • 3:35 - 4:40 p.m. • 4:40 - 5:40 p.m.  
Thursday
2:30 - 3:30 p.m. • 3:30 - 4:30 p.m. • 4:30 - 5:30 p.m.  
Friday
2:30 - 3:20 p.m. • 3:20 - 4:10 p.m. • 4:10 - 5:00 p.m. • 5:00 - 5:50 p.m.*

*Academy team freestyle session

---

**Monthly Ice Packages**

*FSA Members Only • September – May*
Skaters must adhere to the freestyle session schedule. Session times may not be split. Immediate family members may share a package only if all are FSA members. Packages are not transferable. Specialty classes and off-ice classes are not included.

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<thead>
<tr>
<th>Package</th>
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<tr>
<td>Bronze</td>
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<td>$60</td>
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Unused sessions do not carry over to the next month. Additional sessions may be purchased within a pre-registered month at $10 per session.

Monthly ice packages end May 31. Please see our website or Summer Figure Skating Training Program brochure for information on summer ice packages.

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**Walk-On Fee**

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<th>Fee</th>
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<tr>
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<td>$11 per session</td>
</tr>
<tr>
<td>Non-Members</td>
<td>$13 per session</td>
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**Lesson Pass**

Beginning Skater $7 per 30-minute lesson  
(only applicable to skaters who have not passed the ISI Delta Test and/or U.S. Figure Skating Basic Skill Level 8 - skaters must leave the ice immediately following their lesson)

---

**Hockey Lessons**

$7 per 30 minutes of ice time  
For hockey players receiving a private skating lesson during a figure skating session. Session times are limited.
SYNCHRONIZED SKATING

In 2004, the “Steel City Blades” synchronized skating teams were started at RMU Island Sports Center. The three teams – youth, teen and adult – meet one to two times per week and train for synchronized skating competitions, as well as local shows and performances. National synchronized skating coach Jeff Marshall and the RMU ISC figure skating staff coach the teams.

Synchronized skating is the fastest growing part of figure skating. Last year more than 2,500 skaters participated at the regional level of singles competition, while nearly 6,000 skaters competed at the sectional level of synchronized skating. Currently, the U.S. is fourth in the world and training the youngest skaters for the 2010 Olympics. Synchronized skating is a great way to develop your singles skating skills in a team environment!

Workshops will be held in the spring and summer with team tryouts following in August. Skaters must be at least at the ISI Beta or US FS Basic 4 levels to tryout for the Steel City Blades teams.

For more information on the synchronized skating teams and developmental programs, contact Beth Sutton at 412-269-4469 or visit our website.

Did you know?
• Some colleges in the U.S. offer synchronized skating as a sport. The RMU ISC is in the beginning stages of developing a collegiate skating and synchronized team.
• The Steel City Blades have skaters as young as 5 and as old as 75.
• The Precision Skating Team National Championships were covered by Lifetime TV
• Synchronized skating will be an Olympic sport in the 2010 winter games

SPECIAL EVENTS

Shamrock Skate ISI Competition
Saturday, March 12
Open to all ISI members. For more information, contact Beth Sutton at 412-269-4469 or sutton@rmuislandsports.org.

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Pro Shop

Just inside the main entrance, the RMU Island Sports Center Pro Shop offers a wide variety of hockey equipment, including a great selection of hockey sticks and accessories. We offer blade sharpening and skate repair right on site! (Team orders welcome.) Figure skates and a wide selection of skating dresses are always available. We also stock inline skates, wheels and accessories.

Hours of Operation
Monday – Friday 4 p.m. – 9 p.m.
Saturday – Sunday 9 a.m. – 9 p.m.

For more information, call 412-269-4459.
SUMMER FIGURE SKATING TRAINING PROGRAM
June 13 – August 26, 2005

The RMU Island Sports Center is pleased to offer the most comprehensive summer figure skating training program in the Pittsburgh area, all under one roof!

This all-inclusive program features a full schedule of freestyle, field moves and ice dance sessions, an on-ice specialty class, off-ice conditioning and dance classes, and a Summer Skating Exhibition. Skaters may choose from several ice packages created to meet their individualized training needs.

The RMU Island Sports Center also will host a U.S. Figure Skating test session and the Skate Pittsburgh U.S. Figure Skating competition, both sponsored by the Pittsburgh Figure Skating Club.

Competitive skating development specialty classes include:

On-Ice Specialty Class
Taught by World and Olympic champion Elena Valova and the RMU Island Sports Center’s top-rate staff, this class focuses on the aspects of figure skating that are sometimes overlooked in practice sessions, incorporating stroking enhancement and style development with jumps, spins and footwork. A program practice session is offered every Friday to skaters enrolled in this class.

Off-Ice Conditioning
This class helps figure skaters to improve their on-ice performance by increasing strength, flexibility and endurance. Off-ice conditioning is essential for developing single, double and triple jump techniques and can enhance skaters’ potential through proper training and nutrition. World and Olympic champion Elena Valova’s training techniques can enhance skaters’ on-ice training and develop skating skills.

Ballet & Style for Figure Skaters
In this class, skaters learn ballet techniques and different styles of dance while developing proper body alignment, stretching and presentation. Skaters learn to enhance artistic impression and increase overall flexibility and learn how these techniques relate to individual style development as well as overall presentation on the ice.

Detailed information regarding schedule and pricing will be available in April. For more information, contact Beth Sutton at 412-269-4469 or sutton@rmuislandsports.org.

PRIVATE FIGURE SKATING INSTRUCTION

Private instruction is available for those interested in recreational or competitive figure skating. Our first-rate staff of instructors includes an Olympic champion, Olympic competitors, national-level coaches and U.S. Figure Skating gold medalists. The staff provides all levels of instruction based on individual goals, from beginner through advanced levels.

Rates range from $15 to $55 per 30-minute lesson; rates are determined by the instructor’s individual achievements, coaching accomplishments and years of experience. Instructor fees are paid directly to the instructor, and all appropriate session and skate rental fees must be paid at the Customer Service Center before going onto the ice for a private lesson.

For more information and a list of available instructors, contact Beth Sutton at 412-269-4469 or sutton@rmuislandsports.org.

FIGURE SKATING STAFF

Beth Sutton, Skating Director
A former national and Junior Olympic coach and Ice Capades show skater, Beth is a member of U.S. Figure Skating, the Ice Skating Institute and the Professional Skaters Association.
RMU Island Golf provides all of the tools necessary for you to become the player you have always wanted to be. Experience our climate-controlled dome in the chill of winter or during the dog days of summer. Whether you want to work on your game privately or enroll for classes with our top-rate staff of golf professionals, there’s something for everyone at the dome.

**INDOOR DRIVING RANGE**

The air-supported Sports Dome boasts a 100-yard drive (among the longest indoor shots in the country), 42 tees and a 75-foot ceiling, so you can use every club in your bag. The climate-controlled dome allows you to work on your golf game throughout the year regardless of weather. All tee stations have quality Fiberbuilt mats except for the Golf Jack, a hydraulic lie simulator. The sand bunker and practice green allow you to work on your short game.

**Hours of Operation for Golf**
Monday-Friday 9 a.m. - 8:30 p.m.
Saturday-Sunday 10 a.m. - 8:30 p.m.
Times may vary due to special events. Call 412-269-4480 to verify times in advance.

**Bucket Fees**

<table>
<thead>
<tr>
<th>Bucket Fees</th>
<th>Adult</th>
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<tr>
<td>Small Bucket (35 Balls)</td>
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<td>Medium Bucket (70 Balls)</td>
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<tr>
<td>Large Bucket (105 Balls)</td>
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Value cards are also available.

**Summer Specials (June 1-Oct. 31)**
All You Can Hit (3-Hour Limit) $10 Adult, $8 Jr/Sr*
Large Bucket (105 Balls) $7 Adult, $6 Jr/Sr*

*Junior - 17 and under; Senior - 60 and up

**PRIVATE GOLF INSTRUCTION**

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<tr>
<td>60 minutes (2-person)</td>
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<td>Five 30-minute lessons</td>
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<td>Ten 30-minute lessons</td>
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<tr>
<td>Super Package (three 30-minute and two 60-minute lessons)</td>
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<td>$260</td>
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<tr>
<td>Five 2-person lessons</td>
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**ACADEMIES AND CLINICS**

All programs are offered year-round. Call 412-269-4480 or visit our website for specific session dates.

**Learn to Golf Academy**

*Four-Week Course*

Covers fundamentals, irons and woods, short game (putting, chipping, sand play), rules, etiquette and club fitting.

*Beginner*: Saturdays 1-2 p.m. ($99)

**Women’s Golf Academy**

*Four-Week Course*

Learn or improve your golf skills and meet new friends. Covers fundamentals (grip, setup, swing), short game (putting, chipping, sand play), rules, etiquette, club fitting and golf courses.

*Beginner*: Thursdays 6:30-7:30 p.m. ($99)

*Intermediate*: Thursdays 7:30-8:30 p.m. ($99)
**Junior Golf Academy**
*Four-Week Course*
For boys and girls ages 8 to 14. Covers fundamentals (grip, setup, swing), short game (putting, chipping, sand play), long game (drive, irons, different lies), rules, etiquette and club fitting.

*Beginner:* Saturdays 10:30-11:30 a.m. or Thursdays 4:30-5:30 p.m. ($79)

*Intermediate:* Saturdays 11:30-12:30 p.m. or Thursdays 5:30-6:30 p.m. ($79)

*Summer Camp:* Tuesdays and Wednesdays (in dome) Noon-3 p.m. and Thursdays (on course) 9 a.m.-Noon ($149)

**Father/Son - Mother/Daughter Class**
*Four-Week Course*
All ages welcome in any parent/child combination. Covers fundamentals, long game, short game, rules, etiquette and club fitting.

*All Levels:* Sundays 3-4 p.m. ($139 per couple)

**100 Yards and In**
*Four-Week Course*
Covers pitching from all distances, chipping with different clubs, sand play and putting.

*All Levels:* Mondays 6-7 p.m. ($99)

**Scoring / Short Game**
*Two-Hour Clinic*
Covers pitching from all distances, chipping with different clubs, sand play and putting.

*All Levels:* Wednesdays 6:30-8:30 p.m. ($50)

**Senior Golf Clinic**
*One-Hour Clinic*
Includes talks on specific golf topics with questions and answers.

*All Levels:* Thursdays 10-11 a.m. ($10)

**Membership**
Never wait for a tee! A one-year golf membership at the Island is only $150! Membership benefits include:

- Free daily tee time reservations
- Membership hotline to reserve tee times and schedule golf lessons
- $25 driving range value card
- 20% bonus on additional range value cards
- 30-minute video golf lesson
- 10% discount on lessons and classes

For more information, call 412-269-4480 or visit our website.

**Golf Staff**
The RMU Island Sports Center’s top-rate staff of golf professionals includes:

**Jim Cichra (PGA), Golf Director** - The 2001 and 2004 Tri-State PGA Teacher of the Year

**Jodi Renner (LPGA)** - A former LPGA Tour player

**Bill Kurp (PGA)** - A professional teacher and club fitter

**Kevin Shields (PGA Apprentice)** - The 2003 Tri-State PGA leading money winner

**Don Sargent (PGA)** - A Leadbetter & Flick School instructor
The Island Fitness Center features 10,000 square feet of fitness and strength training space, including a Sports Performance Center with York Performance free weights, Star Trac ellipticals, Schwinn spinning bikes, Cybex recumbent bikes, Airdyne bikes, Reebok fusions, Precor treadmills, Cybex stairmasters, Jacobs ladders, physioballs, medicine balls, agility ladders, and plyometric jump boxes.

**Hours of Operation**
- Monday-Friday: 6 a.m. - 9 p.m.
- Saturday: 8 a.m. - 6 p.m.
- Sunday: 10 a.m. - 5 p.m.

**ISLAND FITNESS**
Island Fitness is designed for people who strive for good health and physical fitness. It has everything you need to start a fitness program or take your workout to the next level. With our state-of-the-art equipment and certified professional trainers, we can design a program to suit anyone, from the beginner to the advanced fitness enthusiast. Improve your athletic ability, increase your energy level or just feel great.

**Personal Training**
Whether you’re interested in losing body fat, increasing endurance or improving your build and appearance, our certified personal trainers can help you reach your goals. Our trainers have years of experience in designing programs and leading group exercise.

**Personal Training Rates**
- Members: $25
- Non-Members: $40 (2 persons or more $30 each)

*New members receive one FREE personal training session!*

**Corporate Memberships**
Corporate memberships are available. Learn how a corporate wellness program can benefit your business’ productivity. You must have 10 or more employees to qualify. Call 412-269-4486 for details.

**Membership Rates**

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**Month-to-Month Billing**

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**Single-Month Rates**

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<td>Senior</td>
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<tr>
<td>Corporate</td>
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**Punch Cards**

- 10 for $50 • 20 for $90

For more information: 412-262-3335 or www.rmuislandsports.org
ISLAND STRENGTH

Island Strength is a sport-specific strength and conditioning program designed to help serious athletes reach and surpass their true potential. Island Strength caters to the specific needs of each athlete, helping to maximize performance variables while assisting in injury prevention.

Island Strength can provide:
- Periodized training programs
- HEFE (hand-eye/foot-eye) coordination training
- Fast action and agility
- Speed training/running mechanics
- Assisted and resisted running
- Different conditioning protocols (specific metabolic conditioning)
- Core strength and stability training
- Balance and coordination

We place a strong emphasis on educating athletes about principles of strength and conditioning; the athlete will know why he/she is doing each exercise during any phase of the athletic year.

Individual and Team Rates

Rates are per training session
1 Athlete.............................................. $35 each
2 Athletes ............................................ $30 each
3 Athletes ............................................ $25 each
4+ Athletes .......................................... $20 each

Special rates may apply to teams. Call 412-269-4486 for more information.

Speed and Agility Camps

Island Strength hosts Dale Boring’s G.E.T F.A.S.T. speed camps throughout the year. The camp improves athletic speed, quickness, agility, flexibility and footwork. Athletes from all sports will benefit from Dale’s camps. Contact Chris Lucas at 412-269-4476 for upcoming camp dates and information.

FITNESS CENTER STAFF

Chris Lucas, Director
Certified by the USAW, Chris has developed athletes in football, hockey, soccer and lacrosse. He was the head strength and conditioning coach for the NAHL and National Junior A Champion Pittsburgh Forge and currently for the NAHL Youngstown Phantoms. He also serves as strength and conditioning consultant for the USHL Sioux Falls Stampede.

Jonathan Winkler, Assistant Director
Certified by the NSCA and the USAW, Jonathan has experience in many health and fitness settings, including corporate, recreational, sports and wellness facilities.

Enabling people to make life on the road better.
- Complimentary high-speed Internet access
- Indoor pool and whirlpool
- Full breakfast buffet
- Fitness room

Conveniently located 4 miles from the
RMU Island Sports Center

For online reservations
www.stayatcourtyard.com/isc
or call
412-264-5000 • Toll Free 1-800-321-2211
450 Cherrington Parkway, Coraopolis, PA 15108
**FLAG FOOTBALL**

All leagues run on Tuesday evenings from March 15 to April 26 (7 weeks)

- **Beginner League (Ages 6-9)**
  7-7:55 p.m. Instruction-based with game action.
  Fee: $80.

- **Youth League (Ages 10-13)**
  8-8:55 p.m. Games with minimal instruction. Fee: $80.

- **High School League (Ages 14-18)**
  9-9:55 p.m. Fee: $80 per person or $750 for a 10-15-person team.

- **Adult League (Ages 19+)**
  10-11 p.m. Fee: $90 per person or $850 for a 10-15-person team.

**SOFTBALL**

- **Men’s All-Night Indoor Tournaments**
  One tournament per month is held November through April. There are 16 teams per tournament with three games per night guaranteed. One-pitch, five-inning games are played in a round-robin format. Champions receive a trophy, T-shirts and Dick's Sporting Goods gift certificates.

  **Team Fee:** $250

- **Coed Tournaments**
  Offered in April and December. Call 412-269-4480 for details.

**SOCcer**

- **Men’s League**
  Wednesday nights starting at 8:45 p.m.; games also begin at 9:40 and 10:35, depending on the number of teams. Play is 6-on-6 with a keeper, change on the fly.

  **Team Fee:** $890 per nine-week session + $100 forfeit deposit (returned with perfect attendance)

- **Pickup Soccer**
  Sessions change throughout the year. Call for current times and dates.

  **Fee:** $6 per session

**EXTREME DODGEBALL**

High school ages and up. The next scheduled dates are Friday, March 25 and April 22; call for more dates. Play consists of 10-person teams and four balls on the field. Teams may have up to 15 players on a roster. Games are played in round-robin format until the playoffs, which are single-elimination. Winners receive T-shirts and gift certificates.

**Team Fee:** $100

For more information on Sports Dome programs, call 412-269-4480 or visit our website.
**PUBLIC SKATING**

Music and fun with family and friends!

- **Spring/Summer 2005 Schedule**
  - Mondays: Noon - 2:20 p.m.
  - Tuesdays: Noon - 2:20 p.m.
  - Wednesdays: Noon - 2:20 p.m., 7:00 - 8:30 p.m.
  - Thursdays: Noon - 2:20 p.m.
  - Fridays: Noon - 2:20 p.m., 7:00 - 9:00 p.m.
  - Saturdays: 12:45 - 2:45 p.m., 7:00 - 9:00 p.m.
  - Sundays: 1:00 - 3:00 p.m.

Sessions are subject to change without notice. Call 412-262-3335 to verify times in advance.

- **Rates**
  - Adults: $6
  - Children Under 12: $5
  - Seniors Over 62: $5
  - Skate Rental: $2.50
  - Walker Rental: $2
  - Frequent Skater Pass: 10 sessions for only $35 (skate rental not included)

Group rates are available for 10 skaters or more. Five-day advance payment required. Fund-raising opportunities are also available for your organization. Call 412-269-4458 for details.

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**HOCKEY STICK TIME**

Players must bring their own pucks. A helmet and gloves is required.

- Ice Stick Time: $8
- InLine Stick Time: $10*

* $4 discount if registered in an InLine league at the RMU Island Sports Center.

Please call 412-262-3335 for weekly schedule.

---

**MINIATURE GOLF**

The beautifully landscaped 18-hole miniature golf course, located on the shore of the Ohio River, is fun for the entire family. The course has everything from bumps to jumps and a few water hazards along the way. Open seven days a week, May through September, weather permitting. Outings and birthday parties are available. We also offer miniature golf leagues and tournaments. Call 412-269-4480 for hours of operation.

- **Rates**
  - Adults: $5.50
  - Children 12 and Under: $4.50

Register online today at [www.rmuislandsports.org](http://www.rmuislandsports.org)!
BIRTHDAY PARTIES

Celebrate your child’s birthday at the RMU Island Sports Center! We have several fun and exciting birthday party themes to choose from. Our staff will assist you in creating a party that will suit your needs.

All RMU Island Sports Center birthday parties include:
• Birthday cake and candles
• Pizza
• Assorted soft drinks
• Admission to birthday event

Parties are priced to include the birthday child and 10 guests. Each additional guest will be charged extra according to the package chosen.

Please book parties at least one week in advance. A $50 non-refundable deposit is required at the time of booking. Outside food and beverages are not permitted.

To book a birthday party, call 412-262-3335 or e-mail islandparties@rmuislandsports.org.

Hours of Operation
7 a.m. - 11 p.m. daily

Weekend parties available!

Ice Skating Party $159.99
• Decorated party room for the length of the ice skating session
• 11 full admissions to the skating session
• 11 pairs of rental skates

Birdie Party $139.50
• Decorated table for two hours in the Sports Dome
• Unlimited range balls during party

Hole-in-One Party $169.50
• Decorated table for two hours in the Sports Dome
• Unlimited range balls during party
• Exclusive use of putting green for 30 minutes
• 15-minute putting lesson from one of our PGA pros

Miniature Golf Party $149.99
• Decorated party room for two hours
• 11 admissions to one round of miniature golf

GIFT CERTIFICATES

RMU Island Sports Center gift certificates are the perfect gift for any occasion! Gift certificates can be used toward the payment for any activity, program or public event, as well as for Pro Shop merchandise and skate sharpening. Call 412-262-3335 for more details.

For more information: 412-262-3335 or www.rmuislandsports.org
FAMILY TAEKWONDO

Tiny Tigers
Ages 4-6

This program offers children a strong foundation in essential character qualities such as courtesy, respect and discipline. In addition, the program is designed to improve children's motor skills and enhance their ability to pay attention and follow directions. All classes are taught using the most safe, fun and exciting instruction methods available for this age group.

Karate for Kids
Ages 7-12

There are many reasons for kids to become involved in the martial arts. Based on traditional Taekwondo, the Karate for Kids program is grounded in a lifetime learning concept in addition to teaching technical skills.

Teen and Adult Classes
Ages 13 and Older

All students are trained to the best of their ability, regardless of age or physical condition. You’re never too old to start; adults who began as late as age 65 have earned their black belts. Our instructors treat each student as an individual and are with you every step of the way. All that is expected of you is a willingness to try.

Fee
Introductory Offer! Special family rate – four weeks for $49 (includes uniform).

Instructors
Greg Steiger, Chief Instructor
Steiger is a fourth-degree black belt and the 2002 state champion in forms sparring and weapons. He is certified with the American Taekwondo Association (ATA).

Josée Steiger, Assistant Instructor
Steiger is a second-degree black belt and a certified trainee instructor with ATA.

For more information, call 412-324-1112, e-mail atataekwondo@comcast.net, or stop by the RMU ISC Customer Service Desk.

FAMILY PASS MEMBERSHIP

An $800 value for only $149! A six-month membership includes:
- 20 Public Skating Sessions
- 20 Rounds of Miniature Golf
- 20 Medium Buckets of Balls at the Indoor Driving Range
- 10 Fitness Center Day Passes
- $20 Off Birthday Party Packages
- 50% off Learn to Skate Classes
- 50% Off Learn to Play Hockey Classes
- 20% Off Golf Classes, Academies and Clinics

Call 412-262-3335 for more details.

Register online today at www.rmuislandsports.org!
KID STUFF

Girl Scout Sleepovers

Camp out in the Dome! Includes ice skating, mini-golf, indoor field games, late-night movie, snacks and breakfast. $20 per scout, $10 per chaperone. Space is limited! For more information or to register, call 412-269-4480.

Spring 2005 Schedule
Brownies/Daisies  April 9 and May 13
Juniors/Cadettes/Seniors  April 23 and May 27

All other scout, church and school groups are welcome to plan an activity-filled sleepover or lock-in as well. Call 412-269-4480 for more information.

Field Trips

Looking for someplace new for your next field trip? Bring your school, youth, scout, or day care group to the RMU Island Sports Center for a fun and educational day!

FREE Field Trip
• Tour the facility
• Learn how the zamboni works
• Learn how ice is made
• Learn how the Dome stays inflated

Only available Tuesdays and Thursdays from 11:30 a.m.-1:30 p.m. year round.

PAID Field Trip ($6 per person)
• Public skating session (includes skate rental)
• Small bucket of balls at the indoor driving range
• Tour the facility
• Learn how the zamboni works
• Learn how ice is made
• Learn how the Dome stays inflated

Available any day of the week; more activities can be added for an additional fee.

Summer Field Trip Special ($5 per person)
• Public skating session (includes skate rental)
• One round of miniature golf

Available June 15 through August 31 only; more activities can be added for an additional fee. Minimum 20 people per group.
Summer Day Camp

The RMU Island Sports Center is the perfect place for your child to spend the summer! Our enthusiastic, well-trained staff provides a safe and nurturing environment for your child to have fun. Ten one-week programs are offered throughout the summer, Monday through Friday, 9 a.m. to 4 p.m. We also offer childcare before and after day camp as a convenience to working parents.

■ Traditional Day Camp (Ages 6-12)
Children enjoy days filled with age-appropriate fun and learning while developing new physical, mental and social skills.
Activities include arts and crafts, group team building, field games, ice skating, golf, mini-golf, archery and more.
Available weekly, June 13 – Aug. 19; $125 per week ($100 July 5-8, no camp July 4)

■ Traditional Plus Ice Skating (Ages 6-12)
Includes Traditional Day Camp (above) plus for one hour each day, campers participate in a group ice skating lesson.
Available weeks of June 13 and 20 only; $180 per week

■ Traditional Plus Golf (Ages 6-12)
Includes Traditional Day Camp (above) plus for one hour each day, campers participate in a group golf lesson.
Available weeks of July 11 and 18 only; $195 per week

■ Pittsburgh Mini-Golf Tour (Ages 10-12)
Campers begin each day by warming up on their “home” course at the RMU Island Sports Center, then travel daily to a different mini-golf course in the Pittsburgh area, returning to the RMU ISC at the end of the day.
Available weeks of June 27 and July 25 only; $195 per week

■ Before Camp Club/After Camp Club (Ages 6-12)
From 7 to 9 a.m. and 4 to 6 p.m., childcare is available for an additional fee. Campers participate in structured activities until day camp begins or until parents are able to pick children up.
Available weekly, June 13 – Aug. 19; $12.50 per week per club ($10 July 5-8, no camp July 4)

For more information, contact the RMU Island Sports Center Summer Day Camp Office at 412-269-4471 or camps@rmuislandsports.org.
Facility Rentals

SPECIAL EVENTS

The RMU Island Sports Center is an ideal location for your next special event. With on-site catering, a private terrace overlooking the Ohio River, meeting rooms and more, the RMU ISC is the perfect place for:

- Corporate Outings
- Family Reunions
- Holiday Parties
- Birthday Gatherings
- Team-Building Activities
- School Field Trips

Accommodations for 10 to 2,000 guests!

SPORTS DOME
INDOOR FIELD

The Sports Dome’s indoor field is available for hourly rental before and after golf hours year-round. The surface is covered with FieldTurf, a revolutionary surface consisting of two-inch nylon grass filled and supported by pulverized rubber and sand. Past uses for the field include soccer, softball, cheerleading, lacrosse, baseball, flag football, gymnastics, concerts, corporate Olympics, workout sessions and sleepovers.

Field Dimensions
Single Field 120’W x 200’L x 70’H
Full Dome 240’W x 300’L x 70’H

Available Time Slots
6:00-7:00 a.m.  7:00-8:00 a.m.
8:00-9:00 a.m.  9:00-10:00 a.m.*
8:45-9:45 p.m.  9:45-10:45 p.m.
10:45-11:45 p.m. 11:45 p.m.-12:45 a.m.
* Saturday and Sunday only

Additional times may be available. Call 412-269-4480 for details.

Hourly Rates
Off-Peak Hours (Sunday p.m. through Friday a.m.)
Single Field $170 per hour
Full Dome $245 per hour
Peak Hours (Friday p.m. through Sunday a.m.)
Single Field $205 per hour
Full Dome $295 per hour

For more information, call 412-269-4480.

ICE RINKS

The ice rinks are colorful, bright, comfortable, clean and well maintained. The premium ice surfaces are produced by a state-of-the-art Jet Ice water system. The rinks can be used for hockey, figure skating, speed skating, general ice skating, and activities such as curling and broomball.

Two indoor rinks are available year-round. The Collegiate Rink is the same size as a regulation NHL ice surface (85’ x 200’) with numerous grandstands seating as many as 1,200 spectators. The Olympic Rink is larger (100’ x 200’) and has ice-level bleachers that seat up to 300 spectators. One outdoor rink (the Open Air Rink) is also available from October through March.

For more information, including available times and hourly rates, call 412-269-4453.

MULTI-SPORT COURTS

These two hockey rink-sized facilities have a multi-sport court surface that can be used for inline skating, volleyball, basketball, soccer, lacrosse, dek hockey and more. These rinks are located in the Open Air Complex, which is covered but provides a great outdoor feel.

For more information, including available times and hourly rates, call 412-269-4453.
Register online today at www.rmuislandsports.org!

Robert Morris University Island Sports Center
Registration Form — Please Print

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Signature of adult participant, parent or guardian  

Date

Please sign the waiver and indicate payment method on the back of this form. Skating School students, please complete the additional section on the back of this form.

Robert Morris University Island Sports Center
Registration Form — Please Print

<table>
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<tr>
<th>Individual(s) or Team to be registered:</th>
<th>Birth Date (mm/dd/yyyy)</th>
<th>Sex (m/f)</th>
<th>Program Name</th>
<th>Session</th>
<th>Age Group/Division</th>
<th>Day</th>
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Signature of adult participant, parent or guardian  

Date

Please sign the waiver and indicate payment method on the back of this form. Skating School students, please complete the additional section on the back of this form.
PLEASE READ THIS CAREFULLY
Waiver and Release of Liability
Parental Consent
(For skaters under the age of 18)

I, the undersigned acknowledge the inherent risks involved in hockey, ice skating and all sports relating thereto. Accordingly and in consideration of being allowed to participate in any skating activities and/or activities at the RMU Island Sports Center, I agree to the following:

1. I acknowledge and fully understand that I will be engaging to activities that involve risk of serious injury, which may include permanent disability and even death, and severe social and economic losses which might result not only from my action, but also from the action, inaction or negligence of others, through rules of play or the condition of the premises, or any equipment used and further that there may be risks not known to me or not reasonably foreseeable.

2. I agree that prior to participating in any activity at the RMU Island Sport Center, I will inspect the competition area and all equipment to be used, and if, through my inspection, I determine that anything related to that activity is unsafe, I will immediately advise my coach or an official of the RMU Island Sport Center of this unsafe condition and will not participate until this condition is corrected.

3. I agree to assume all the foregoing risks and accept personal responsibility for my own damages following such injury, permanent disability or death.

4. I release, waive, discharge and covenant not to sue the RMU Island Sports Center and all of its respective agents, affiliates, associates, officials, directors, owners and employees (collectively "releasees") from demands, losses or damages on account of any injury, death or damage to property, caused or alleged to be caused in whole or part by releasees or any other party's actions, inactions or otherwise; and agree to indemnify releasees from any and all third party claims caused in whole or in part by my actions.

I, the undersigned parent or legal guardian have read the above waiver and release and agree to its terms on behalf of my child and myself. I understand that by signing below I am giving up substantial rights on behalf of my child and myself.

Name __________________________ Date __________________

Return Check Fee
A $25 fee is charged for all checks returned for insufficient funds. This fee must be paid prior to further participation in the program.

Cancellation & Refund Policy
Due to the limited size of classes, no refunds will be given under any condition. If a skater is unable to attend due to proven, unforeseen medical condition, monies paid can be credited towards the tuition fee for another RMU Island Sports Center skating or hockey skills program.

The RMU Island Sports Center retains the right to terminate the participation of any player when it is deemed in the best interest of the game or team.

PAYMENT METHOD
☐ Check or Money Order (payable to RMU Island Sports Center)
☐ Visa ☐ MasterCard

Name of Cardholder ________________________________
Card Number __________________________ Exp. Date __________________
Signature of Cardholder ______________________ Date __________________

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Card Number __________________________ Exp. Date __________________
Signature of Cardholder ______________________ Date __________________

SKATING SCHOOL REGISTRATION ONLY
1. Has skater been previously enrolled in an RMU Island Sports Center skating program? ☐ YES ☐ NO
2. If yes, what is the highest ISI Level the skater has passed:
   Tot 1 2 3 4 5
   Pre-Alpha Alpha Beta Gamma Delta Unsure
3. Skaters with no formal instruction experience, please check the appropriate group based on age:
   ☐ 3-5 years of age – TOT
   ☐ 6 years or older – Pre-Alpha

For more information: 412-262-3335 or www.rmuislandsports.org
In a sports town like Pittsburgh, staying in the game means staying in touch with what’s going on. Make it a point to visit post-gazette.com often for in-depth coverage of the Steelers, Pirates, Penguins, college and high school sports, plus golf, auto racing, outdoors, fantasy leagues, and more. For up-to-the-minute highlights, statistics, schedules, and expert opinions, post-gazette.com tells you what’s going on.