

Off-ice Harness



MVPS Harness Club Application

MVPS club has agreed to purchase the off-ice harness used at the Grassroots to Champions seminar for improving air position, body alignment, and muscle memory for our MVPS. Any member wishing to use the harness must enroll in the harness club. The initial fee for 2008 is \$40 and will last for one year. Renewal will be a lesser cost annually with your membership dues beginning in 2009 to be sure we can maintain the harness and get new training equipment for our skaters as needed.

If you have questions about use of this harness please talk to your coach about the benefits to your training program.

Member name: _____

Coaches Name(s): _____

Payments should be made to the MVP FSC

Due by 5/24/08 in order to get the harness before your membership year begins!

Payment info: paid \$40 to _____ on _____ via _____
(board member) (date) (Check, cash)