

# LondonSkaters Speed Team

Affiliated to the Federation of Inline Speed Skating

LondonSkaters Speed Team is a friendly group of skaters who get together to skate for fun, fitness and competition.

Our aim is to work together on improving technique, fitness and race strategy in order to take part in a wide variety of inline speed skating events both at home and abroad. We participate in both short track and distance events with an emphasis on marathon and other endurance competitions.

If you'd like to compete in inline speed skating events or would simply like to join a team for training in order to improve your skating, then why not join us?

## Benefits of being a member of LondonSkaters Speed Team include:

- \* Group fitness training sessions
- \* Regular dedicated skating technique sessions including video assessment with an IISA instructor, which alone is worth more than the cost of membership fees
- \* A more structured and holistic approach to training and speed on skates
- \* A private member's forum and regular email announcements
- \* Discount of £10 on your first club clothing order (skinsuit, team jacket, cycle top, etc)
- \* Discount at London Inline Marathon of £5 on the marathon entry fee (£2 for the half and mini marathon)
- \* The chance to take part in many events in the UK and abroad with the team
- \* Other ad-hoc benefits that may arise through sponsorship

## Federation of Inline Speed Skating (FISS):

Club members can choose to join the Federation of Inline Speed Skating. Benefits are:

- \* Entitles you to enter FISS regional club races and FISS National Championships
- \* Permits you to race abroad at licensed events
- \* Waives requirement for doctor's certificates of health at most overseas races
- \* FISS also organise some technique sessions and also some certification programmes

## LondonSkaters Speed Team Membership fee (runs from January to December):

- \* £25 for adults
- \* £20 for students and minors, or when your partner is already a member of LSST



[www.londonspeedskaters.com](http://www.londonspeedskaters.com)



[www.londoninlinemarathon.com](http://www.londoninlinemarathon.com)



[www.inlinespeed.co.uk](http://www.inlinespeed.co.uk)

## LondonSkaters Speed Team Membership Application Form for Year 200\_ / \_

First Name:	Surname:	
Address:		
Town/Place:	Post Code:	Country:
Telephone - Home:	Day Time:	Mobile:
Email Address:	Forum Username:	
Nationality:	Gender:	Date of Birth:
Membership:	FISS License number (if known):	
<input type="checkbox"/> Adult (£25)	<input type="checkbox"/> Student/Minor (£20)	<input type="checkbox"/> Partner/Family (£20) Name of other LSST member :

I hereby apply for membership in LondonSkaters Speed Team, and I promise to abide by the Constitution and Club by-laws. I acknowledge that I will participate in club events or training sessions at my own risk, and will not hold the club, or its officers, officials, representatives and sponsors, responsible for any personal injuries, damage to or loss of property which may occur at, on the way to, or returning from any such event. Non FISS members may not be able to participate in FISS race events that we host. A parent or legal guardian will need to sign for a minor application.

I consent, for the purposes of the Data Protection Act, to the Club holding and processing the data on this form for the purposes of the Club.

Date: Signatures - Applicant: Parent/Guardian:

Please send with payment to: LondonSkaters Speed Team, 59A Windsor Road, Ealing, London, W5 3UP