

**REGISTRATION**  
**GKF Gallashow Friday 18<sup>th</sup> of March 2016**  
**Registration will close Friday 19<sup>th</sup> of february**

We are looking forward receiving all your registrations to participate in the show. Last year we had the highest number of participants ever, but perhaps this year we can do even better?

Before you register for the 2016 GallaShow "GKF AROUND THE WORLD"

**- it is important that you read the following.**

*You have two possibilities:*

- You participate
- You don't participate

**PARTICIPANT:**

You participate in the show, "YES", it will be a great party – enjoy! ☺

- The choreography is planned for each team according to the level and number of the skaters.
- You have to come to every training session, so you and your team can do the training needed to achieve the best performance on the day of the show.
- Each team need to train the show after their warm up session each time before going on the ice.
- If you cannot come to training because you are sick, then you need to try to learn from your teammates what they have done in terms of new things for the show, and if possible practice this with them, so you are able to follow the lessons on the ice.
- If you – for some reason - are away for a longer period, then please let your coach know, so between you, you can set plan for this.

**NON-PARTICIPANT:**

It is very important that you register that you are not participating and also tell your coach that you are not coming, as the show for each team is planned assuming all will participate and also to enable your training to be adjusted accordingly.

- If it is not possible for you to participate, even though it is sad, it is not the end of the world.
- If you for some reason just do not want to participate, talk to your coach about why not, and so we can see if it is possible to come up with a solution.

***Coaching for non-participants***

- The quality of your training will not change, when your team is training for the show: You may do the same as the rest, but next to them, or you might end up doing something else. Your training will not suffer, we promise ☺.