



# REGISTRATION FORM

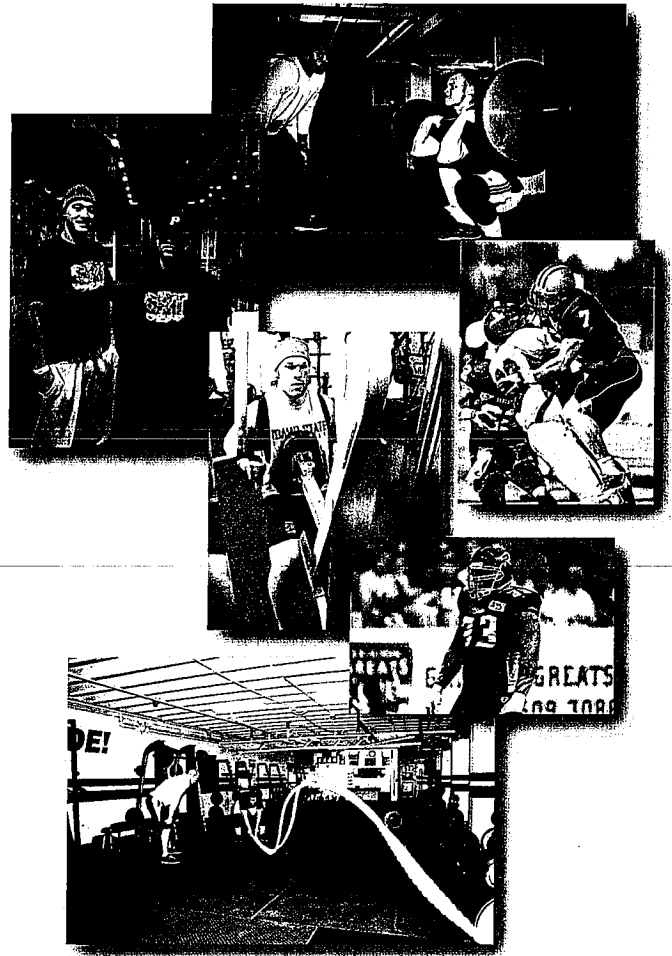
### KID'S GET FIT SUMMER TRAINING PROGRAM

GET THE KIDS OFF OF THE COUCH THIS SUMMER! THIS IS A FUN, AGE APPROPRIATE INTRODUCTION CAMP TO FITNESS AND AGILITY TRAINING FOR YOUTH AGES 5TH-8TH GRADE.

THIS FITNESS CAMP WILL FOCUS ON IMPROVING COORDINATION, FLEXIBILITY, ENDURANCE, CORE STRENGTH AS WELL AS AGE APPROPRIATE STRENGTH ALL WHILE HAVING FUN! THIS CAMP WILL BE OFFERED AT 2 SEPARATE TIMES, WITH A MAXIMUM OF 50 PARTICIPANTS FOR CONSTANT SUPERVISED COACHING. EACH SESSION WILL IMPLEMENT SOME FORM OF RUNNING, JUMPING AND AGE APPROPRIATE STRENGTH TRAINING LASTING 45-60 MINUTES.

### VARSITY PREP TRAINING

ARE YOU A VARSITY LEVEL ATHLETE? DO YOU HAVE WHAT IT TAKES TO MAKE EVERY PLAY, EVERY DOWN, EVERY GAME? OR ARE YOU WANTING TO IMPROVE YOUR SKILLS THIS SUMMER TO SHOW YOUR COACH THAT YOU ARE READY? AFTER COMPLETING STRONG BODY TRAINING VARSITY PREP TRAINING CAMP YOU WILL BE ABLE TO ANSWER ALL OF THE ABOVE QUESTIONS WITH AN EMPHATIC YES! VARSITY PREP TRAINING CAMP WILL TAKE YOUR TRAINING REGIMENT TO ANOTHER LEVEL OF INTENSITY AND FOCUSED STRENGTH GAIN. REGARDLESS OF YOUR SPORT THE PRINCIPLES REMAIN THE SAME. YOU MUST BE FASTER, QUICKER, MORE AGILE, AND STRONGER THAN YOUR OPPONENT. VARSITY PREP TRAINING WILL BE A VERY INTENSE AND HANDS ON TRAINING SESSION IMPLEMENTING STRENGTH TRAINING, SPEED TRAINING, AGILITY WORK, AND IMPROVING OVERALL ATHLETIC PERFORMANCE. EACH SESSION WILL INCLUDE STRENGTH TRAINING, SPEED DEVELOPMENT, AND AGILITY TRAINING LASTING 75-90 MINUTES.



PARTICIPANT NAME \_\_\_\_\_  
PARENT/GUARDIAN NAMES \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
EMAIL \_\_\_\_\_ AGE GROUP \_\_\_\_\_ T-SHIRT SIZE \_\_\_\_\_  
EMERGENCY CONTACT AND NUMBER \_\_\_\_\_  
CAMP DESIRED \_\_\_\_\_

PAYMENT ENCLOSED: \$ \_\_\_\_\_  
\*\*PLEASE MAKE CHECKS PAYABLE AND SEND TO:  
STRONG BODY TRAINING, LLC.  
443 FAIRMONT  
POCATELLO, ID. 83201

CHECK:  
CHECK NUMBER: \_\_\_\_\_

CREDIT CARD PAYMENT:  
AVAILABLE ON STRONGBODYTRAINING.COM

CASH  
AMOUNT: \_\_\_\_\_

\*PLEASE MAKE SURE TO HAVE A WAIVER SIGNED BEFORE CAMP!  
AVAILABLE AT STRONGBODYTRAINING.COM

|  |          |
|--|----------|
| WHERE: HIGHLAND HIGH SCHOOL PRACTICE FIELD |          |
| <u>KIDS GET FIT CAMP</u>                   |          |
| DATES: CIRCUIT 1 JUNE 13- JULY 8           | M-W-TH   |
| CIRCUIT 2 JULY 11-AUGUST 4                 | M-W-TH   |
| TIME: GROUP 1- 11:00-12:00                 |          |
| GROUP 2- 12:00-1:00                        |          |
| COST: \$120.00                             |          |
| <u>VARSITY LEVEL TRAINING</u>              |          |
| DATES: CIRCUIT 1 JUNE 6-JULY 8             | M-T-W-TH |
| CIRCUIT 2 JULY 11-AUGUST 4                 | M-T-W-TH |
| TIME: 2:00-3:30                            |          |
| COST: \$200.00                             |          |

MORE INFORMATION: [STRONGBODYTRAINING@GMAIL.COM](mailto:STRONGBODYTRAINING@GMAIL.COM) OR [STRONGBODYTRAINING.COM](http://STRONGBODYTRAINING.COM)

# Strong Body Training, LLC.

## Waiver and Assumption of Risk for Workouts

This Agreement is dated this \_\_\_\_\_ day of \_\_\_\_\_, 2011, by and between  
\_\_\_\_\_ (“Client”) and Strong Body Training, LLC/ Brett Fowler.

I, \_\_\_\_\_, have requested that Trainer conduct and create my personal training sessions:

1. I may provide some or all of the exercise and/or fitness equipment to be used in connection with my fitness program and the associated workouts (the “Equipment”).
2. I acknowledge and agree that Trainer has not inspected the Equipment, and that I have sole custody and control of the area in my home or office where it is to be used and stored, and that I am solely responsible for the condition and maintenance of the Equipment.
3. I have sole control over the area workouts are to be performed.
4. I hereby assume any and all risks arising from or connected with any hazardous condition, known or unknown, in my home or office, in the specific area in which the workouts are conducted or otherwise, that may result in any injury during, or thereafter associated with, any workout with Trainer. Further, I agree to hold Trainer harmless from any loss or damage resulting from, or associated with, any injury or condition that I sustain resulting from any such condition.
5. I hereby assume any and all risks associated with the location, design, and material condition of the Equipment, and agree to hold Trainer harmless from any loss or damage resulting from, or associated with, any injury or condition that I sustain resulting from the location, design, material condition, or use of the Equipment.
6. This waiver and release of liability includes, without limitation, injuries which may occur as a result of (a) equipment that may malfunction or break; (b) any slip, fall, or dropping of equipment; (c) any improper maintenance of equipment or facilities; (d) any hazardous condition that may exist on the premises, including the specific workout area, my home or office, and the surrounding property; and (e) your negligent instruction or supervision.

I acknowledge that I have thoroughly read this document and fully understand that it is a release of liability. By signing this document, I am waiving any right I or my successors might have to bring a legal action or assert a claim against Trainer for your negligence or that of your employees, agents, or contractors.

\_\_\_\_\_  
Parent/Guardian signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Please print name

\_\_\_\_\_  
Date