

# High Performance **ELITE** Conditioning



MAY 24TH - AUGUST 21ST



The HPEC Program was designed to provide current Collegiate and Professional athletes as well as athletes entering college in the fall with the most advanced training available. By developing efficient movement mechanics, intense acceleration, specific strength, power and agility, PSC athletes are able to transfer gains made in training to the playing field. Each session provides 90 minutes of high intensity training that is balanced over a 5 day training week. Athletes have the option to train 2-5 days/week.

**FREE CUSTOMIZED NUTRITION  
PLAN WITH ENROLLMENT!**

Current collegiate athletes are encouraged to bring in their strength & conditioning booklets from school so we can implement and modify specifically for each athlete as needed

# HP ELITE Program

Spring/Summer 2010

## 1. Please Complete the following:

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Would you like to receive our monthly e-newsletter  Yes  No

## 2. Class Days/Times

**\*FROM MAY 24TH - JUNE 12TH, SESSION TIMES ARE 4PM, 5:30 AND 7PM WEEKLY AND 9:30&11:00AM ON SATURDAYS. Times below will begin on Monday June 14th.**

### Monday-Thursday

10:15-11:45am

### Friday

10:15-11:45am

### Saturday

10:15-11:45am

### Evening Sessions

6:15-7:45pm

## 3. Training Fees

2 days/week = \$25/session x 26 sessions = \$650 or 2 payments of \$325

3 days/week = \$23/session x 39 sessions = \$897 or 2 payments of \$448

4 days/week = \$21/session x 52 sessions = \$1092 or 2 payments of \$546

5 days/week = \$19/session x 65 sessions = \$1235 or 2 payments of \$617

Prorated/Discounted Amount \_\_\_\_\_ (if starting program after May 24th)

Training Fees \_\_\_\_\_

## 4. Select Method of Payment:

Cash  Check  Credit Card

For Credit Card Payments:  Visa  MasterCard  Discover  Amex

Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

### AGREEMENT AND RELEASE OF LIABILITY

I understand and am aware that Performance Training, including the use of equipment is a potentially hazardous activity. I also understand that fitness activities involve a risk of injury and even death, and that I am voluntarily participating in these activities and using equipment with knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risk of injury or death.

(Please Initial \_\_\_\_\_ )

In consideration of being allowed to participate in the activities and programs of PSC and to use any facilities and equipment PSC provides in addition to the payment of any fee or charge, I do hereby waive, release, and forever discharge PSC from any and all responsibilities or liability from injuries or damages.

(Please initial \_\_\_\_\_ )

## **TERMS AND CONDITIONS**

1. Sessions are non-refundable and non-transferable.
2. Athletes are asked to sign up for each session online, by calling the office or sending an email
3. All cancellations must be made 1 hour in advance of the start of the session. Failure to do so will result in being Charged for the missed session.
4. Training days and times can be changed week to week; we ask that you call in advance to ensure there is space in the desired training sessions.
5. The HP Elite Program ends on Saturday August 21st. If athletes want to continue training after the completion of the Session, arrangements can be made. If athletes are leaving for school before the completion of the program, fees will be prorated.

I understand and aware of all the terms and conditions as attested by my signature below:

\_\_\_\_\_  
**Participant Signature**

\_\_\_\_\_  
**Date**

### **4 Ways to Register**

1. **BRING your forms the 1st training day (please call beforehand to guarantee your spot)**
2. **FAX them to 888-487-9905**
3. **CALL 330-487-0810 to register**
4. **MAIL to 9045 Dutton Dr, Twinsburg, OH 44087**

**SPACE IS LIMITED IN THIS PROGRAM AND SPACES WILL FILL QUICKLY.**