



# PREMIER SPORT CONDITIONING

Speed Development . Body Awareness . Strength Training . Reaction/Agility

## ***FUNdamental Youth Conditioning***

Tues. September 7th - Thurs. November 23rd (12 Weeks)

**Ages: 8-11** ♦ **Tuesday/Thursday: 5:00-6:00pm**

Research shows that up to 90% of an athlete's motor skills are ingrained between the ages of 8-11. For this reason, helping young athletes learn "how to" start training properly at this age while building self esteem and confidence is important. The **FUNdamental Youth Conditioning Program** introduces the young athlete to training

- ♦ Running Form/ Speed
- ♦ Body Awareness
- ♦ Coordination
- ♦ Acceleration
- ♦ Body Weight Strength Training
- ♦ Reaction
- ♦ Balance

**Athletes can start at anytime and are prorated!**



**PREMIER SPORT CONDITIONING**

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

9045 Dutton Drive  
Twinsburg, OH 44087

Phone: 330.487.0810  
Fax: 888.487.9905  
E-mail: [info@pscfit.com](mailto:info@pscfit.com)



**REGISTRATION FORM**  
**FUNDamental Youth Conditioning**  
**Tues. September 7th - Thurs. November 23rd (12 weeks)**

**1. Personal Information**

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

Parent's First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_ Age \_\_\_\_\_ Email Address \_\_\_\_\_

**2. Class Times**

Tuesdays & Thursdays 5-6pm

**3. Training Fees**

1 day/week = 12 sessions = **2 payments of \$99 or 1 payment of \$195**

2 days/week = 23 sessions = **2 payments of \$155 or 1 payment of \$310** (no training on November 11th-Veteran's Day)

**\*up to 2 missed sessions can be made up in the 1st week of the Winter 2011 session \***

**4. Payment Information**

Cash     Check     Credit Card

For Credit Card Payments:  Visa     MasterCard     AmEx     Discover

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

**5. Three Ways to Register:**

1. **CALL** the training office at 330-487-0810
2. **FAX** to 888-487-9905
3. **MAIL** forms and payment to PSC, 9045 Dutton Dr. Twinsburg, OH 44087
4. **BRING** forms and payment to your first session (please call first to reserve your spot)

**Terms and Conditions**

1. All sessions must used between September 7th and November 23rd.
2. Sessions are non transferable and non refundable unless arrangements have been made.
3. All sessions need to be scheduled, rescheduled or cancelled by using the online scheduler at [www.pscfit.com](http://www.pscfit.com) or by contacting the training office at (330) 487-0810. Any sessions that need to be cancelled or rescheduled must be done 1 hour prior to the start of the session. Failure to do so will result in being charged in full for the session
4. Any additional family member that purchases a separate training package will receive 5% off training fees. Family discounts cannot be combined with any other offers.
5. Renewal information will be mailed out when the athlete is 4 sessions from completion of their training plan.
6. Some PSC athletes may be used in our marketing materials for brochures, flyers, videos, newsletters etc.

I understand all the terms and conditions and I am responsible for the total amount due as noted above.  
I also understand that this Terms and Conditions form is valid from this date of signing as well as towards all future training plans purchased.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_