



PREMIER SPORT CONDITIONING

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

FUNdamental Youth Conditioning

February 9th - April 8th (9 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 techniques that will improve "on-field" performance by developing:

- ♦ **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

9045 Dutton Drive
Twinsburg, OH 44087

Phone: 330.487.0810
Fax: 888.487.9905
E-mail: info@pscfit.com



REGISTRATION FORM
FUNDamental Youth Conditioning
Tues. Feb. 9th - Thurs. April. 8th (9 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 = 9 sessions = **2 payments of \$75 or 1 payment of \$149**

2 days/week = 18 sessions = **2 payments of \$125 or 1 payment of \$249**

****any missed sessions due to spring break or other commitments can be made up in the spring 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 February 9th and April 8th
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 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 _____