



PREMIER SPORT CONDITIONING

WINTER 2011-12

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

FUNdamental Youth Conditioning

Tues. November 29th – Thurs. February 23rd (13 Weeks)

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

The FYC program teaches young athletes "how to" start training properly for improved sports performance and reduced injury risks. The training environment is fun, challenging and filled with positive encouragement and motivation which fosters improved self esteem, confidence and speed and strength. Each 60 minute session focuses on:

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



Athletes can start training anytime.
Class is limited to 8 athletes, spaces will fill quickly.
Call (330) 487-0810 to reserve your spot.

EARLY BIRD SPECIAL!

**Register by Thursday Nov.10th
and take \$10 off training fees!**



REGISTRATION FORM
FUNDamental Youth Conditioning
Tues. Nov. 29th - Thurs. Feb. 23rd (13 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 = 13 sessions = **2 payments of \$110 or 1 payment of \$220**

2 days/week = 26 sessions = **2 payments of \$185 or 1 payment of \$370**

****up to 2 missed sessions can be made up in the spring 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 November 29th, 2011 and February 23rd, 2012
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 10% 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 _____