



# Summer Speed Camp 2011

Summer Speed Camp 2011 will be held at the Coralville Youth Sports Park. This camp is for athletes who will be entering the 5th-9th grades for the fall 2012 school year.

**Increase speed & explosiveness**

**Improve coordination & core strength**

**Develop reactive quickness & agility**

*"Each off-season I rely on Performance Sport & Speed for all of my physical therapy and performance training needs. The expertise of the staff, and the top notch facilities have played a vital role in my development as an athlete."*

**Nate Kaeding - San Diego Chargers,  
NFL All-Pro 2010**

Camp directors will be Jake Moore and Adam Blalock. Jake Moore is a Physical Therapist and Strength and Conditioning Coach with over 11 years of experience. He has trained athletes at all levels from youth to professional to Olympic athletes. You can contact Jake at [jmoore@perfther.com](mailto:jmoore@perfther.com)

Adam Blalock is a Certified Strength & Conditioning Specialist through the NSCA and a certified Club Coach and Sports Performance Coach through USAW as well as a Health/Fitness Specialist with the American College of Sports Medicine. He has been training athletes since 1999 and has experience with athletes at all levels. You can contact Adam at [ablalock@perfther.com](mailto:ablalock@perfther.com)

If you are interested or have questions about this camp or other strength and conditioning programs we offer visit us at our website

**[www.performance4health.com](http://www.performance4health.com)**

# Registration Form

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: (\_\_\_\_) \_\_\_\_\_ EMAIL: \_\_\_\_\_

DOB: \_\_\_\_\_ GRADE FALL 2011: \_\_\_\_\_ SCHOOL: \_\_\_\_\_

PRIMARY SPORTS: \_\_\_\_\_

GUARDIAN: \_\_\_\_\_

GUARDIAN PHONE: (\_\_\_\_) \_\_\_\_\_

Check the dates that you will be attending or check the entire camp option. Send completed registration form and payment to:

Performance Sport & Speed  
3290 Ridgeway Drive, Suite 3  
Coralville, IA 52241

- June 7      Tuesday 8:30 – 9:30 AM
- June 9      Thursday 8:30 – 9:30 AM
- June 14     Tuesday 8:30 – 9:30 AM
- June 16     Thursday 8:30 – 9:30 AM
- June 21     Tuesday 8:30 – 9:30 AM
- June 23     Thursday 8:30 – 9:30 AM
- June 28     Tuesday 8:30 – 9:30 AM
- June 30     Thursday 8:30 – 9:30 AM
- July 5      Tuesday 8:30 – 9:30 AM
- July 7      Thursday 8:30 – 9:30 AM
- Total Days x \$15 = \_\_\_\_\_ or
- Entire Camp \$120

## Medical Waiver and Release of Liability

I, \_\_\_\_\_ acknowledge that I, individually, have voluntarily applied for my child to participate in the Performance Health & Fitness program. I acknowledge the risks and the potential risks of athletic training. However, I feel that the possible benefits to me and my child are greater than the risk assumed.

I am aware that although Performance Health & Fitness, its subsidiaries, and parent companies, its officers, directors, owners and/or employees make reasonable efforts to make each child's training a safe and productive experience, that there are inherent risks which occur as a result of such physical activity.

I acknowledge that an child, when training, through no fault of his own, his trainer(s) or the facility may become injured for a variety reasons that are unavoidable.

I represent that I am in good health and suffer from no physical impairment, which would limit my use of Performance Health & Fitness' facilities or instruction. I further represent that I carry full and complete medical insurance coverage.

I acknowledge that Performance Health & Fitness has not and will not render any medical services including medical diagnosis of my physical condition.

In consideration of being permitted by Performance Health & Fitness to participate its training program and to use its facilities, I hereby, intending to be legally bound for myself, my heirs and assigns, executors or administrators and/or guardian of my son/my daughter/my ward specifically agree that Performance Health & Fitness, its officers, employees and agents shall not be liable for any claim, demand, cause of action of any kind whatsoever for, or on account of death, personal injury, property damage or loss of any kind resulting from or related to my use of the facilities or participation in any athletic training, exercise or activity within or outside the club premises, and I agree to hold Performance Health & Fitness harmless from same. I hereby waive any and all claims for any and all injuries I may suffer under any circumstances, including but not limited to those claims arising from the negligence of Performance Health & Fitness, its employees, agents, servants, invitees, co-members, contractors, or sub-contractors, employees or otherwise.

\_\_\_\_\_  
Guardian Signature

\_\_\_\_\_  
Date

## Promotional Release

In additional consideration of being permitted by Performance Health & Fitness to participate in its training program and to use its facilities, I hereby permit Performance Health & Fitness to use my child's name, image and likeness for promotional purposes limited to its athletic training programs and facilities. Performance Health & Fitness' promotional mediums include but are not limited to print, radio, video, television and the Internet.

\_\_\_\_\_  
Guardian Signature

\_\_\_\_\_  
Date