

# REGISTRATION

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Email \_\_\_\_\_  
Home Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
Grade (Fall 2016) \_\_\_\_\_ Gender \_\_\_\_\_  
Emergency Contact \_\_\_\_\_  
Emergency Phone \_\_\_\_\_

## RELEASE OF LIABILITY

I hereby waive and release for myself and my heirs, any and all rights or claims I may have against the Performance Course, Inc. (PCI), any affiliates or subdivisions of Performance Course, Inc., any school of facility in which Performance Course, Inc are conducted, and each of their respective agents, employees, servants, officers, directors, and representatives, for injury or illness arising out of or in anyway connected with my participation in the Performance Course, Inc. I further agree to indemnify and hold harmless of each said persons or property which may arise by virtue of my participation in the Performance Course, Inc. I understand there are certain risks and dangers associated with all activity involved in the Performance Course, Inc and the use of the facility. Injuries can and do occur during Performance Course, Inc. I hereby grant permission for trainers, doctors and their designees to administer appropriate medical care, antignens or injuries, and to perform emergency procedures as necessary. Participant, or guardian of participant, agrees to waive any claim against PCI for any damage, loss, cost, expense or liability resulting from performing (or failing to perform) any duties or functions, and PCI is hereby released from liability to the participant or his parents for any and all damages, losses, costs, expenses, and liabilities arising out of any incident to or resulting from such performance or failure to perform, even though caused in whole or in part by the negligence (whether by act of omission or commission), gross negligence, strict liability or other legal fault of PCI.

## VIDEO/PHOTO RELEASE

I hereby give permission for images of the participant, captured during the Performance Course, Inc (PCI) program listed through video, photo and digital camera, to be used solely for the purposes of PCI promotional material and publications, and waive any rights of compensation or ownership thereto.

**Signing the guardian signature states that you understand and agree to the terms of the Release of Liability and Video/Photo Release.**

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

Date \_\_\_\_\_

***Signature must be in place in order for child to participate***  
***NO REFUNDS***



**REGISTER ONLINE AT**  
**WWW.PERFORMANCECOURSE.COM**

PRE-SORT STD  
U.S. POSTAGE PAID  
ALLEN TX  
PERMIT NO.551

PO Box 882  
Allen, TX 75013

## CURRENT RESIDENT OR

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Email \_\_\_\_\_



## CARROLL HIGH SCHOOL SUMMER CONDITIONING 2016



**Performance**  
**Course**

**214.383.4444**

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



## PERFORMANCE COURSE

Performance Course has helped thousands of athletes improve their sport performance over the last decade. This unique conditioning program teaches athletes how to combine sound proven principles and cutting edge techniques in a simple goal-oriented manner to achieve world class results. This two week course is designed to keep conditioning levels at a high until school or fall sports arrive. Athletes have the opportunity to build on what they have completed all summer, through an intense, functional program. It will have them in great anaerobic condition when school begins. The importance of goal setting, mental preparation and nutrition will also be discussed during this mini course.



## PROGRAM FEATURES

- Starts, acceleration, deceleration and linear sprint training
- Drills to improve agility and reaction in a functional manner
- Functional strength and power training, including age appropriate plyometric drills
- Progressive conditioning program to develop or maintain anaerobic energy systems
- Professional and inspirational staff
- Eating for performance
- Mental preparation
- The power of goal setting

**// Performance Course**  
is an unrivaled approach  
to progressively improving  
athletic ability. **//**



## BACKGROUND

Performance Course is owned and operated by Geno Pierce, CSCS. Pierce has been involved in designing and developing programs in school districts around the metroplex for the last 20 years. Performance Course programs have developed numerous district and state champions. Pierce is one of the most respected and experienced professionals in the nation. This experience, coupled with a caring and energetic staff, exposes the participant to the top team building program in the nation. The cornerstone of



## OUR TEAM

Performance Course is our positive and energetic staff. Site coordinators are professionally certified as USA Level I Sport Performance Coaches and/or Certified Strength and Conditioning Specialists (CSCS) through the National Strength and Conditioning Association. Each experienced staff member is a role model who strives to inspire, motivate, teach and build relationships with the athlete.

# COURSE REGISTRATION

## LOCATION

Carroll Senior HS  
Charlie Stalcup Performance Course Center

## DAYS

Monday , Tuesday & Thursday

## COURSE TIMES AND DATES

5:30 PM - 6:30 PM

8/8 -8/18

*Recommended for males and females  
entering grades 5-8*

## PAYMENT INFORMATION

**Program Cost : \$75**

Under Armour T-shirts \$25 each \*Mark quantity in size

S\_\_\_\_\_ M\_\_\_\_\_ L\_\_\_\_\_ XL\_\_\_\_\_ XXL\_\_\_\_\_ (Adult)

S\_\_\_\_\_ M\_\_\_\_\_ L\_\_\_\_\_ (Youth)

Under Armour Athletic Shorts \$30each \*Mark quantity in size

S\_\_\_\_\_ M\_\_\_\_\_ L\_\_\_\_\_ XL\_\_\_\_\_ XXL\_\_\_\_\_ (Adult)

S\_\_\_\_\_ M\_\_\_\_\_ L\_\_\_\_\_ (Youth)

Under Armour Athletic Drawstring Bag \$15 Qty\_\_\_\_\_

**Total Apparel \$ \_\_\_\_\_**

**Total Tuition Owed \$ \_\_\_\_\_**

*NO REFUNDS*

*Please return this portion of the registration, along with payment. Registration and payment must be submitted for participation.*

## MAKE CHECKS OR MONEY ORDER PAYABLE TO:

Performance Course

PO Box 882

Allen, TX 75013

Phone: 214-383-4444

Fax: 214-383-4631

info@performancecourse.com

Apparel by



UNDER ARMOUR



@PCnowisthetime



Like us on FB

**REGISTER ONLINE AT**  
**WWW.PERFORMANCECOURSE.COM**

*\*Course, dates and times can be found at [www.performancecourse.com](http://www.performancecourse.com) - NO REFUNDS\**