

Summer Strength & Conditioning



Details:

This program is designed to help kids get stronger, faster, more explosive, and more agile. Athletes can't just be fast. They need to be able to change speeds and directions with the least amount of hesitation possible. We will help develop skills that will help you be a better athlete in any sport that you do. This program will incorporate a variety of equipment like kettlebells, stairs, plyo boxes, sleds, slam balls, etc... **It doesn't matter what sport, championships should run through the Cedar Valley!**

Dates:

Session 1: June 6th-June 29th (Tues &Thurs)

Session 2: July 6th-27th (Tues & Thurs)

Times

Entering 9th/12th graders meet from 7:00-8:00am

Entering 7th/8th graders meet from 8:00-9:00am

Prices:

Session 1: \$40

Session 2: \$40

Participants Name: _____ Address/City/Zip: _____

Sex: _____ Age: _____ Grade (as of 6/1): _____

Guardians Name: _____ Guardians Email: _____

Emergency Phone # : _____

Method of Payment: Please circle one

Cash Check Visa Mastercard Discover

Card Number: _____ Exp. Date (Month/Year): _____ CVV: _____

Warning of Risk

Recreation activities are intended to challenge and engage the physical mental and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational activity/program. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, dangers and injuries due to inclement weather, slipping, falling, poor skill level or conditioning, carelessness, horseplay, unsportsman-like conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating, and all other circumstances inherent to indoor and outdoor recreation activities/programs exist. In this regard, it must be recognized that it is impossible for Waterloo Leisure Services and the Cedar Valley SportsPlex to guarantee absolute safety. The Cedar Valley SportsPlex highly recommends that ALL participants receive a medical clearance from their doctor before any increases in physical activity.

WAVIER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing up and participating in the identified program(s), you will be expressly assuming the risk and legal liability, waiving and releasing any and all claims for injuries, damages or loss which you or your minor child/ward might sustain arising out of or as a result of the activities of this program (including transportation services/vehicle operation, when provided). As a participant in the program, I recognize and acknowledge that there are certain risks of physical injury and I voluntarily agree to assume the full risk of any injuries, including death, damages or loss regardless of severity which my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I may have as a result of participating in the program against Waterloo Leisure Services and Cedar Valley SportsPlex, including volunteers, guest speakers, instructors, and employees.

PHOTO POLICY: The Waterloo Leisure Services and Cedar Valley SportsPlex may video tape or take photographs of participants enrolled in Waterloo Leisure Services and Cedar Valley SportsPlex activities, classes, or programs or may take photographs. These photographs and/or video tapes are for use in future program magazines, brochures, promotional literature, websites, or for use on cable television.

RETURN POLICY: Full refunds will not be issued after team assignments have been made. Refunds approved after the first meeting will be prorated depending on how many weeks program has been going on. The Cedar Valley SportsPlex has the right to deny any/all refunds.

Signature of Partipant or Guardian (if under 18): _____ Date: _____

X _____