

# Next Level sports training

## PRFH 2016 Winter/Spring Training Programs

*Focus on Strength, Speed, Agility and Flexibility*

### 2016 Winter Training Program:

17 sessions

1/14/16 - 3/17/16 (except 1/18 and 2/15)

Monday & Thursday

3pm - 4:30pm

January - 4 sessions

February - 8 sessions

March - 5 sessions

Cost for Winter Program: \$136 for 17 sessions

### 2016 Spring Training Program:

18 sessions

3/21/16 - 5/26/16 (except 3/24 and 3/28)

Monday & Thursday

3pm - 4:30pm

March - 2 sessions

April - 8 sessions

May - 8 sessions

Cost for Spring Program: \$144 for 18 sessions

Location: Pine-Richland High School Weight Room

Payment Method: Check payable to Brad Spencer

Boosters will offset 50% of fees for 2015 high school jv and varsity players. Amount is half the fees (\$68 for winter and \$72 for spring).

Bring waiver and payment to first session.

No Refunds or Cancellations

*Questions? Contact Coach Brad Spencer 724.584.8566 / [BradSpencer72@gmail.com](mailto:BradSpencer72@gmail.com)*

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REGISTRATION FORM

Athlete Name: Grade: Phone Number: Emergency Contact: Mailing Address: Emergency Phone: Email:

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RELEASE AND WAIVER

Liability Release: I, as Athlete (and Parent or Guardian, as applicable) assume full responsibility for the risk of injury, death or property damage or cost that may incur due to my participation hereunder, on the above program and/or in or on the Locations herein.

Medical Release: I acknowledge and agree that such participation subjects me to the possibility of physical illness or injury (minimal, serious, catastrophic and/or death) and that I acknowledge that I am assuming the risk of such illness or injury by participating.

I hereby warrant that I have read this Release and Waiver Form in its entirety and fully understand and agree with its contents. I am aware that this Release and Waiver Form releases Next Level and Brad Spencer from liability and contains an acknowledgement of my voluntary and knowing assumption of the risk of injury or illness.

Signature Athlete: \_\_\_\_\_ Date: \_\_\_\_\_

For Parents or Guardians of Player of Minor Age (Under Age 18 at Time of Registration)

This is to certify that I, as parent or guardian with legal responsibility for this Athlete, do consent and agree to this Release and Waiver as provided above, and for myself, my heirs and next of kin. I hereby grant the permission necessary to allow Athlete to participate in the above program, I, in my own behalf and on behalf of the Athlete, hereby warrant that I have read this Release and Waiver Form in its entirety and fully understand its contents.

Signature of Parent or Legal Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Relationship to Athlete: \_\_\_\_\_