



Velocity Sports Performance is back to Big Lake again to help you develop speed and agility. Our Performance Coaches will be on hand Tuesday and Thursday afternoons starting in June.

Why would you need to attend? Contrary to some thinking, speed and agility can be taught. Our programs are scientifically designed and supported by world class research. We'll focus on speed, stamina, balance, agility, flexibility as well as, muscle and joint strength and injury prevention. Coaches will integrate several "tools of the trade" inclusive of hurdles, cones, ladders, medicine balls, bungees and parachutes.

Take your game to the next level by attending the Speed & Agility Camp so you can play at a higher level next season. Program details are below.

Acceleration Techniques:

- ✓ Posture
- ✓ First Step
- ✓ Body Mechanics
- ✓ Breathing

Max Velocity Techniques:

- ✓ Maintaining Speed
- ✓ Relationship Between Arms and Legs
- ✓ Power

Multi Directional Techniques:

- ✓ Footwork
- ✓ Upper Body Positioning

Who: Big Lake Area Athletes

What: 60-minute or 90-minute sessions

Date: June 7th-July 21st, 2011
No classes the week of July 4th

Time: Tuesday/Thursday
Athletes entering 4th-6th Grade 2:30-4:00PM
Athletes entering 7th-8th Grade 1:00-2:30PM
Athletes entering 9th-12th Grade 12:00-1:00PM

Cost: 4th-8th Grade \$180/athlete
9th-12th Grade \$140/athlete

Where: Big Lake High School



Note: A minimum of 8 athletes is required for each camp session to run
Packages cannot be prorated and missed sessions cannot be made up
Each athlete will receive one complimentary individual trial session if not already used

For more information about our programs go to www.TheBestPlaceToTrain.com





The Special Event you are here for: Big Lake Speed & Agility Camp

Participant's Name: _____ M/F: _____ DOB: _____ Age: _____ Grade: _____

Parents Name(s): _____ Email Address: _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Emergency Contact Name and Number: _____

I am interested in learning more about Velocity Sports Performance's core development programs.

Does the participant have any medical conditions we should know about that may affect their participation today? Y N

If yes, please explain in detail: _____

As used in this Waiver and Release Agreement, "Participant" means the person considering becoming a client or visiting our facility to participate in a special event conducted here; "you" also means the Participant, but includes the Responsible Party if the Participant is less than 18 years old; the "Responsible Party" is the Participant's parent or other adult who is legally responsible for the Participant; and "we" means the Velocity Sports Performance franchisee that owns the facility. By signing below, you agree to all the terms and conditions in this agreement and certify that you have read the entire agreement, so please read it carefully.

1. Rules. The Participant must follow all Velocity rules and regulations for using the facility as well as when participating in off-site VSP activities.

2. Damage to Facilities. You must pay us for any damage you or your guests cause to our facility or property. When damage to our facility occurs, you will be asked to sign a "Damage Report". From there we will assess the damages, receive appropriate bids for repair and will collect necessary payments from you at that time.

3. Waiver and Release. Participating in athletic activities carries an inherent risk of injury, even if the greatest care is exercised. Accordingly, Participant and their guests may injure themselves while attending or using our facility or participating in any of our activities or programs. Participant and their guests, therefore, assume all risk of personal injury, death, property loss, or other damages that may relate to attending or using our facility or participating in any of our programs or activities. By assuming those risks, you and your guests waive, and release all claims you or your guests may have or may want to assert against us, our affiliates (including our franchisor), and our affiliates' owners, officers, directors, managers, employees, agents, and representatives (the "VSP Group") for any such personal injuries, death, property loss, or other damages connected to or arising out of any of the aforesaid risks. You and your guests release the VSP Group from all claims, damages, demands, rights of action, causes of action, and liabilities, present or future, known or unknown, anticipated or unanticipated, resulting from or arising out of the Participant's and its guests' attendance at or use of our facility or their participation in any of our activities or programs, including, without limitation, those arising from our negligence or that of any other member of the VSP Group. You and your guests also release all members of the VSP Group from all liability relating to loss, theft, or damage to personal property—including, without limitation, automobiles and locker contents.

4. Arbitration. All disputes and legal claims that you or your guests may have with or against any member of the VSP Group must be resolved through binding arbitration conducted by the American Arbitration Association.

Parent/Guardian (if Participant is under the age of 18) or Participant's Signature Date