

Improving fundamental athletic skills & self esteem for young athletes, aged 9 to 13



Total Performance I (ages 9-11)

Science has proven that ages 9 to 11 are the most critical years in a child's life for motor skill development. Our program utilizes the most up to date research in a fun and friendly environment to build your young athlete's physical foundation, improve coordination and self esteem through our signature speed and strength training methods.

Sessions are 1 hour long and have a maximum of eight athletes to one Endure Performance Enhancement Specialist. Training during these sessions focuses on speed development, body weight strength training, endurance and flexibility.

Total Performance I will enhance:

- Coordination
- Body Weight Strength
- First Step Quickness
- Flexibility
- Injury Prevention
- Weight Loss
- Self Confidence

Evaluation

The tests were selected because there is a direct correlation between success on these tests and athletic success in sports such as football, soccer, basketball, baseball, hockey, tennis, track and lacrosse. These tests are correlated directly with athletic success. The tests are as follows:

1. The 10 & 20 yard dash
2. The Vertical Jump
3. The Shuttle Drill 5/10/15
4. The 5 Broad Jump Test
5. The Chin Up Test
6. The Lower Body Flexibility Screen

Dryland Program

Endure
SPORTS

MISSISSAUGA
2008 Dryland Program Registration Form
Total Performance I (Ages 9-11)

Program Train 3x a week	Total Cost Subject to GST	50% Deposit Pay upon registration	Start Date	Remaining Balance Due June 1, 2008	Total Payable Includes GST
22 Weeks	\$990.00	\$519.75	Apr. 7, 2008	\$519.75	\$1039.50
16 Weeks	\$960.00	\$504.00	May 19, 2008	\$504.00	\$1008.00
10 Weeks	\$750.00	\$393.75	June 30, 2008	\$393.75	\$787.50
8 Weeks	\$720.00	\$378.00	July 14, 2008	\$378.00	\$756.50
1 Week	\$120.00	\$63.00	-	\$63.00	\$126.00

Date: _____
 First Name: _____ Last Name: _____
 Address: _____ Apt.#: _____
 City: _____ Province/State: _____ Postal/Zip Code: _____
 Phone #:(____) _____ Cell:(____) _____
 Bus:(____) _____ E-mail address: _____
 Date of Birth: _____ Team Name/Level: _____
 Organization: _____ Agent/Family Advisor: _____
 Current Medications/Conditions/Allergies: _____

Emergency Contact
 Name: _____ Relationship: _____
 Phone Numbers: Home:(____) _____ Bus:(____) _____

Method of Payment
 (Credit card information must be given in order to hold a spot)
 Credit Card: VISA Mastercard
 Card #: _____ Expiry (M/Y): ____ / ____
 Cash
 Debit
 Cheque Postdated Cheques: _____

Client Consent
 "I agree that I shall provide health insurance or other applicable insurance to cover any personal injury and property damage sustained by the student while participating in the activities of or while on the premises of Endure Sports and that in consideration of the services provided in connection with ice skating, hockey programs, off-ice programs and other sports training leagues. I / We understand and appreciate that the participation AND OBSERVATION OF THE SPORT of hockey constitutes a risk to me / us of serious injury, including permanent paralysis or death. I / We hereby release and forever discharge Endure Sports (Mississauga) Limited, Endure Sports Corporation, Precision Ice Ltd, from all demands, causes of actions, suits or liabilities for personal injury and/or property damage which I / our child as student, or myself may have as a result of participating in said program. I hereby give you permission to seek out any necessary medical assistance myself / my child may require while attending the program. I have read and understand the policies outlined herein."

Date: _____ Signature: _____
 (If athlete is under 18 years old parent/guardian signature required)



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