

Registration

Name: _____

Address: _____

City _____ State _____ Zip _____

Email: _____

Home Phone: _____ - _____ - _____

Grade (Fall 13) _____

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 or 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, antiseptics or injuries, and to perform emergency procedures as necessary. 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.

Secondary Insurance

Performance Course, Inc. (PCI) provides student insurance coverage free of charge for all of our students who are involved in PCI. This coverage is secondary to any coverage that you may have. You must file on your primary policy first, pay any deductible and then the Performance Course, Inc. policy second. Once your primary insurance has been paid, then the remaining expenses, up to the maximum benefits allowed, will be paid by the secondary policy. If you do not have primary insurance coverage, the PCI insurance will only pay the maximum benefits allowed. There is no guarantee that all medical expenses will be covered. You are responsible for any remaining expenses left uncovered or unpaid.

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, Secondary Insurance and Video/Photo Release.

Guardian Signature: _____

Date: _____

***Signature must be in place in order for child to participate

Name: _____

Address: _____

City: _____

Email: _____

State: _____ Zip _____

Southlake Carroll



Summer 2013 Performance Course



P

erformance
ourse

214-383-4444

www.performancecourse.com

The Official Sports Performance
Provider of the Carroll ISD

PO Box 882
Allen, Tx 75013



Performance Course

Performance Course is an unrivaled approach to progressively improving athletic ability. This unique course combines sound, proven strength and conditioning principles with the latest methodologies to give the participant the top athletic performance program in the nation. The athlete can expect significant improvements in their acceleration, deceleration, multi-directional movement, explosive power and functional strength. Improved core stability and functional mobility will be the foundation for this improvement producing a more durable injury resistant athlete.

Program Features

- Program integration set up and design with Carroll High School coaching staff
- Strength training, movement technique and safety orientation
- Prehab activities to address common injuries
- Developmentally appropriate strength training program.
- Progressive speed, agility, quickness and conditioning program
- Character development
- Athletic performance nutrition guidelines
- Athlete Profile Improvement Report
- Mental preparation techniques
- 1:10 instructor to participant ratio in weight room
- Team building / leadership exercises
- Awards



New Nutrition Program!

Performance Course has integrated the very best Performance Nutrition Program to coincide with PC and maximize your hard work & results! These Programs are Free! Visit our website to find the program for your sport!



Background

Performance Course is owned and operated by Geno Pierce, C.S.C.S. Pierce has been involved in designing and developing programs in school districts around the metroplex for the last 18 years. Performance Course programs have developed numerous District, State & National Champions. Pierce is one of the most competent 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 country.

Staff

The cornerstone of 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 staff member is experienced, a role model and strives to inspire, motivate, teach and build relationships with the athlete.

Program Information

Cost
\$250

**Early Bird
Registration**
\$230 if paid
by April 20!

Location

Charlie Stalcup Performance Course Training Center
located at Carroll Senior High School

Dates & Days

June 17th - August 2nd M - F
* No PC 7/1 - 7/5

Course Times

#3 9:45 - 10:45 AM
(Recommended for incoming males grades 6-8)

#4 11:00 - 12:00 PM
(Recommended for incoming females grades 6-12)

Registration

Location

Charlie Stalcup Performance Course Training Center
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Dates & Days

June 17th - August 2nd M - F

Course Times (Circle One)

#3 9:45 - 10:45 AM
(Recommended for incoming males grades 6-8)

#4 11:00 - 12:00 PM
(Recommended for incoming females grades 6-12)

Payment Information

Cost: \$250 \$230 by April 15th (Early Bird)

T-Shirts: \$20 (Each) **Mark quantity in size

S ___ M ___ L ___ XL ___ XXL ___ (Adult)

S ___ M ___ L ___ (Youth)

Athletic Shorts: \$25 (Each)

S ___ M ___ L ___ XL ___ XXL ___ (Adult)

S ___ M ___ L ___ (Youth)

Athletic Drawstring Bag (\$10) Qty _____

Total Apparel \$ _____ No Refunds

Program Cost \$ _____

Total Tuition Owed \$ _____

*Please return this portion of registration,
along with payment. Please complete both sides.

Make Checks or Money Order Payable to:

Performance Course

P.O. Box 882

Allen TX 75013

Phone: 214-383-4444

Fax: 214-383-4463

E-mail: genoprc@aol.com

www.performancecourse.com

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