Performance Course

Programs for Improving Athletic Performance

2015 YOUTH SUMMER PROGRAM ★ GRADES 1-6

The Youth Performance Course program is designed to improve coordination, confidence, and athletic ability. The Performance Course concentrates on the foundations of athletic performance: running, jumping, agility and functional flexibility.

Program Features

The course takes a goal oriented approach to systematically teaching functional movement that can be applied to each participant's sport. Success is then measured by your own personal level of improvement. This improvement is reflected through your individual performance evaluation form presented upon completion of the course.

- Orientation of proper movement technique and safety procedures
- Performance evaluations
- Instruction on proper running mechanics
- Progressive speed and agility program
- Energetic and inspirational staff
- Performance nutrition guidelines
- Mental preparation techniques
- Goal setting and character development strategies
- Team building and leadership exercises
- Weekly Awards

Early Bird Registration $150/250 if paid by June 1st!

Communications Approved MAR 02 2015 Marketing Dept.

DATES:

Session 1: June 8th - June 25th
Session 2: July 13th - July 30th
Session 3: Both Sessions 1 & 2
Monday - Thursday
12:15 to 1:15 p.m.

LOCATION:

Charlie Stalcup Indoor Facility at Carroll Sr HS

COST:

Single Session: $170
Multiple Session: $270

Performance Course:

P.O. Box 882
Allen, TX 75013

Tel: 214-383-4444
Fax: 214-383-4463

info@performancecourse.com
www.performancecourse.com

2015 YOUTH SUMMER PROGRAM REGISTRATION

Name: _____ Gender: M or F Grade: _____

Addresss: _____ City/St/Zip: _____

Home Phone: _____ Email: _____

Emergency Contact: _____ Emergency Phone: _____

Dates (CIRCLE ONE SESSION): Session 1: June 8th - June 25th Days and Times: M-Th 11:00 a.m. to 12:00 p.m.
Session 2: July 13th - July 30th Location: Charlie Stalcup Indoor Facility (Carroll Sr HS)
Session 3: Both Session 1 & 2

RELEASE OF RELIABILITY

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 of facility in which Performance Course, Inc are conducted, and each of their respective agents, employees, servants, officers, directors, and representatives, for injury or illness airing 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, antigens or injuries, and to perform emergency procedures as necessary. Participant, or guardian of 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 COMISSION), GROSS NEGLIGENCE, STRICT LIABILITY OR OTHER LEGAL FAULT OF PCI.

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 and Video/Photo Release.

Guardian Signature _____ *Date* _____

**Signature must be in place to participate.*

**Please return this portion of registration, along with payment.*
Registration and payment in full must be submitted in order to participate.

PC APPAREL

T-Shirts: $20 (Each) ***Mark size in quantity*
Adult or Child (circle one) S____ M____ L____ XL____ XXL____

Athletic Shorts: $25 (Each)
Adult or Child (circle one) S____ M____ L____ XL____ XXL____

Athletic Drawstring Bag: $10 Qty___

Total Apparel $ _____
Program Cost $ 170/270___ **TOTAL TUITION OWED $** _____
Early Bird Registration by June 1, 2015 prices: $150/$250

Register Online or Make Checks/Money Order Payable to:

Performance Course
P.O. Box 882
Allen, TX 75013

NO REFUNDS

follow us on twitter @PCnowisthetime Find us on Facebook