

2008 Speed Strength and Conditioning Central Program Registration Form

Name: (First/Last): _____
 Date of Birth: Year: _____ Month: _____ Day: _____ Gender Male Female
 Street Address: _____
 City: _____ Province: _____ Postal Code: _____
 Soccer Club: _____ Current Team & Age Group _____
 Phone: H/C: _____ Email (Required): _____

Development Programs

Facility: UNIVERSITY OF OTTAWA

- 10, 11 and 12 years old (born in 99, 98, 97): 6:00pm – 7:00pm Monday, September 1, 2008 – Monday, November 3, 2008
- 13 - 17 years old (born in 96 - 92): 7:00pm – 8:00pm Monday, September 1, 2008 – Monday, November 3, 2008

There will be 10 sessions in total between September 1 – November 3, 2008

- Straight Ahead Running Mechanics
- Soccer Specific Speed, Agility and Quickness
- Lateral speed
- Decision making speed
- Fast footwork with and without the ball
- Plyometric training
- Balance and Proprioception
- Core strength training
- Strength and Power
- Ball Fitness
- Rhythm and Coordination
- Resistance Training



Registration Fee: \$165 + GST = \$173.25

Training Shirt Size: Youth Large Adult Small Adult Medium Adult Large Adult XL

REFUND POLICY: NO refunds after September 1, 2008 Total Fees Enclosed:

Please calculate fees and attach a cheque payable to: PARMAR SPORTS TRAINING INC.

* \$35 admin fee will be subtracted from all refunds - ** \$35 admin charge for all NSF cheques

Emergency Contact

Parent/Guardian 1: _____
 Address 1: _____
 Parent/Guardian 2: _____
 Address 2: _____

Player Waiver

The parent or guardian agrees that Parmar Sports Training Inc. or any of its staff members or assistants will not be held responsible for any injury or accident which may occur before, during or after training practices or on route to and from training sessions. Conditions of Registration: Parmar Sports Training Inc. will attempt to accommodate every interested player. However, places may be limited and acceptance of every registrant cannot be guaranteed. Parents or guardians are responsible for ensuring registrants are in good health and hold sufficient medical insurance coverage. Parents or guardians are responsible for supplying registrants with safe soccer equipment, including footwear, shin guards and a personal water bottle. I understand the Program retains the right to use any photographs, videotapes, motion picture recording or any other record of the event for publicity, advertising or any legitimate purpose. Details may change without notice, therefore any such changes will be posted on Parmar Sports Training Inc. website www.parmarsportstraining.com

Signature of Parent or Gaurdian _____ Date _____
 Print Name _____

Mail To: Parmar Sports Training Inc., 428 Armonia Private, Ontario, K1K 3Y2
 Registration Info: (613) 277-8096 Web: www.parmarsportstraining.com

