2009 Spring Conditioning Tune Up 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

EAST: Orleans **-** Sunday FACILITY: GYMNASIUM

☐ **$102 + GST = $107.10** **9 - 12 years old (born in 2000 - 97): 5:00pm – 6:00pm: April 5, 2009 – May 10, 2009**
$102 + GST = $107.10 **13 - 18 years old (born in 1996 - 91): 6:00pm – 7:00pm: April 5, 2009 – May 10, 2009**

WEST: Walter Baker Park, Kanata – Monday and Wednesday FACILITY: OUTSIDE

☐ **$204 + GST = $214.20** **12 - 18 years old (born in 1997 - 91): 6:00pm – 7:00pm: April 6, 2009 – May 13, 2009**

CENTRAL: Mooney's Bay – Tuesday and Thursday FACILITY: OUTSIDE

☐ **$204 + GST = $214.20** **11 - 18 years old (born in 1998 - 91): 6:00pm – 7:00pm: April 7, 2009 – May 14, 2009**

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

Register early due to high demand!

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

REFUND POLICY: NO refunds after March 1, 2009 **Total Fees Enclosed:** _____

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

***** $50 admin fee will be subtracted from **all** refunds before March 1, 2009 - ****** $50 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

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