



## SUMMER STRENGTH, SPEED AND CONDITIONING FOR ALL AMITY HIGH SCHOOL ATHLETES

Name \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_

Zip \_\_\_\_\_

Location: **Amity High School**      DOB \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

**SPORT** \_\_\_\_\_

I hereby give my child permission to participate in "The Competitive Edge Summer Strength/Conditioning Program" I also verify that my child is in good health and authorize the directors to act for me according to their best judgment in any emergency requiring medical attention. I also agree to hold harmless and indemnify Competitive Edge, LLC, and Amity Regional School District, its employees, servants, and/or agents and frees the employees, servants or agents of liability for any injuries, illness or other claims other than those arising from acts of negligence due to acts of omission or commission during the aforementioned program. Further, I hereby grant full permission for event organizers to record any or all of my participation in these events for photos, video pictures, T.V, radio, videotapes, and other media known and to use them no matter by whom taken in any manner for publicity, promotions, advertising trade or commercial purposes without any reimbursement of any kind due to me or the need to pay any fee.

Signature of Parent or Guardian \_\_\_\_\_

Date \_\_\_\_\_

**Please list any medical conditions, injuries, allergies or illnesses that may affect participation:**

**Cash or Checks payable to Jim Ronai's Competitive Edge - 203-799-3343 – cespeed.com- 630 Ridge Rd. Orange 06477  
REGISTER IN ADVANCE BY JUNE 14, 2019 OR ACCEPTED ON SITE @ THE FIRST SESSION**

***June 17 – August 16- Monday-Wednesday-Friday @ Amity High School  
(FOOTBALL INFO IS LOCATED ON A SEPARATE FORM)***

**Cost \$185.00 for 26 Supervised Team Specific Strength and Conditioning Sessions (NO SESSION 7/5)**

### **SCHEDULE:**

5:00-5:45 FIELD HOCKEY/GIRLS SOCCER Speed/Conditioning

5:00-5:45 VOLLEYBALL, SWIMMING, X COUNTRY Weight Room

5:45-6:30 VOLLEYBALL, SWIMMING, X COUNTRY Speed/Conditioning

5:45-6:30 FIELD HOCKEY/GIRLS SOCCER Weight Room

6:30-7:15 BOYS SOCCER Weight Room

7:15-8:00 BOYS SOCCER Speed/Conditioning

**WINTER AND SPRING ATHLETES INTERESTED IN PARTICIPATING ARE WELCOME TO ATTEND AND WILL BE PLACED ACCORDINGLY**

***ATHLETES WILL NOT BE PERMITTED TO PARTICIPATE WITHOUT A SIGNED WAIVER***

*Athletes can make up a missed session during an alternate time slot.*

*All programs are designed and administered by **Certified Strength and Conditioning Coaches** - Schedule Subject to change based on registration.*