



PRE-SEASON STRENGTH, SPEED AND CONDITIONING FOR AMITY HIGH FOOTBALL

Name _____ Address _____ City _____ State _____ Zip _____
 Location Amity High School DOB _____ Age _____ Grade _____ Phone _____
 Email _____

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 or Hand to Coach Bruno by June 14- 203-799-3343 – cespeed.com

**Cost: \$185.00 for 25 Supervised Team Specific Strength and Conditioning Sessions
June 24 – August 16* Monday-Tuesday- Thursday- Friday @ Amity High School**

SCHEDULE: 7:00-8:30am WEIGHT ROOM & SPEED/CONDITIONING ON FIELD

NO WORKOUTS ON: JULY 3,4,5 DUE TO HOLIDAY

ATHLETES WILL NOT BE PERMITTED TO PARTICAPTE WITHOUT A SIGNED WAIVER

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