



Team Training for the Parkland High School Boys Soccer Team

Location: Parkland High School

Schedule: Tuesdays & Thursdays (7am-8:30am)

June 24th, 2014 – Aug 7th, 2014 (12 total sessions)

***There will be no sessions on July 1st or 3rd**

Program Regimen:

- **Dynamic Warm-up**
- **Speed & Agility**
- **Explosiveness & Multidirectional Movement Training**
- **Strength & Power**
- **Injury Prevention**
- **Conditioning**

Program Cost: \$65 per athlete

Release waiver required for all participants.

Payment and forms due May 29th, checks made out to Parkland Boys Soccer Boosters.

**Dropped off or mailed to Parkland High School, Athletic Office Att. Boys Soccer
2700 N. Cedar Crest Blv., Allentown, Pa 18104**

For additional information, contact us at (484)223-1595 or

info@gametimefieldhouse.com

**“Like us” on facebook at:
velocityallentown
gametimefieldhouse**

**Game Time Fieldhouse
155 Nestle Way, Breinigsville Pa 18031
Practice.Train.Compete.**



Velocity Sports Performance®



**Event Release Waiver for Game Time Fieldhouse &
Velocity Sports Performance**

Participant Name: _____

Age: _____ DOB: _____ Email Address: _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Rules

The visitor must follow all VSP rules and regulations for using the facility.

Damage to the Facility

You are liable for any damages that your or your guests cause to the facility or property on the premises.

Waiver and Release

Visitors and their guests assume all risk of personal injury, death, property loss, or other damages that may relate to attending or using the facility or participating in any of the VSP programs, activities, or special events. By assuming those risks you and your guests waive, and release, all claims you or your guests may have or may want to assert against VSP and its owners, managers, and employees. You and your guests release all members of VSP from all liability relating to loss, theft, or damage to personal property – including, without limitation, automobiles and locker contents.

Visitor's Physical Fitness

You represent that the visitor is physically fit to engage in the activities in which he or she participates in the facility. You are solely responsible for all health risks associated with those activities.

Franchise

We have franchised the right to operate a VSP business from Velocity Sports Performance Franchise Systems, LLC, or franchisor. We are, thus, an independently owned and operated business and not an agent, legal representative, subsidiary, joint venture, partner, employee, affiliate, or servant of Velocity Sports Performance Franchise Systems, LLC, for any purpose whatsoever.

Parent/Guardian Signature: _____ Date: _____