



# SPORTS PERFORMANCE: SCHOOL YEAR 2008/09

## REGISTRATION FORM (More than one athlete registering? Please use additional registration form)

Athlete's Name \_\_\_\_\_ D.O.B. \_\_\_\_\_

Address \_\_\_\_\_  
Street City Zip

Parent(s) / Guardian(s) \_\_\_\_\_ FAC # \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

School \_\_\_\_\_ Grade \_\_\_\_\_

- I am interested in the Bquick Sports Performance Program
- I am interested in the Bquick General Fitness Program
- Member payment: \$35 reg plus \_\_\_ months @ \$165=\_\_\_\_\_ Please draft my account for \_\_\_months (minimum of 3)
- Non-member payment: \$35 reg. plus \_\_\_ months @ \$195 \_\_\_\_\_Credit \_\_\_\_\_Check \_\_\_\_\_Cash  
*School Year SPA Program runs 10 months- Aug, Sept, Oct, Nov, Dec, Jan, Feb, Mar, Apr & May*

The SCHOOL YEAR Sports Performance Academy is an ON-GOING program through the end of May, 2009 (then Summer 2009 sessions start). **The commitment is a minimum of three (3) months from the date you join.** Your registration fee and first month (pro-rated weekly) and monthly fee will be charged to your account along with your monthly dues (if you are a member).

**Non-members will have a "non-member" account set up to charge their monthly fee, must set up with parent/guardian. The "non-member" will also receive an ID scan tag that the child must use to enter the club. The non-member child will only be allowed to enter the club during the SPA designated sessions. Non-members only have access to the family locker room, Sports Performance Academy session areas and Grill area immediately prior to, during or after the SPA session and non-members cannot use any other part of the club unless it is to be used by the program. Entrance into the club other than these times are welcomed, but a quest fee will be collected.**

The undersigned, or minor child of the undersigned, desires to voluntarily utilize the services, and, if applicable, facilities and equipment provided by Franco's Athletic Club. As a consideration for the right and privileges of being permitted access to Franco's Athletic Club and if applicable, facilities and equipment, the undersigned does hereby release Franco's Athletic Club, its owners, agents and employees from any and all liabilities of any kind whatsoever arising out of any physical or mental injury or damage incurred or sustained by the undersigned, minor child of the undersigned, or the undersigned's property, while voluntarily preparing to use, using or cleaning up after using, any of the services and applicable facilities and equipment provided by Franco's Athletic Club; and furthermore, agrees to save and hold harmless Franco's Athletic Club, its owners agents and employees for any damages or injuries arising out of the undersigned's, or the undersigned's minor child, use of the facilities, equipment and/or services. The undersigned also acknowledges that **photos** may be taken for publicity/marketing purposes and gives his/her authorization for any photos of his/herself, or of their minor child, to be used in this fashion.

This agreement automatically renews each month. To **cancel this agreement**, it must be in writing prior to the **20th of any month** to be effective for the 1st of the following month.

The undersigned acknowledges and affirms that he or she has carefully read this release and has asked and obtained a satisfactory explanation of any part that he or she does not understand.

Signature of Supervising Parent: \_\_\_\_\_ Date: \_\_\_\_\_

**Please return form along with payment to the Business Office.**

### **Sports Performance Academy, School Year 2008/09 schedule:**

**AM: Monday, Wednesday & Friday 6:00am—8:00am**  
Lifting, Core Work, Plyometrics, Yoga (6am)

**PM: Monday, Wednesday & Friday 3:00pm—6:00pm**  
Lifting, Core Work, Plyometrics

**PM: Tuesdays & Thursdays 4:30pm - 6:30pm\***

Tuesday: 4:30—6:30pm speed, agility, conditioning, \*Yoga for Athletes at 5:30pm  
\*Thursday: 4:30—5:30pm speed, Spin Class 2nd/4th Thursday every month