



PO Box 773 * Union, KY. 41091* (859) 442-5800 ext. 164 * competitorsedge@msn.com

October 15, 2008

NKYVC Athletes and Parents,

It is a pleasure for us at Competitor's Edge Inc. to be the exclusive provider for training and conditioning of NKYVC athletes. We look forward to another great year of providing the finest training to each individual enrolled in our programs. We continuously research methods to improve our training and as a result our programs are continuously changing. We combine the most up to date training techniques with time-tested methods to develop the best training for our athletes. We challenge each athlete to perform at higher levels than they ever have in the past. Our encouragement based teaching and attention to detail is designed to insure that each athlete will optimize their individual abilities to the fullest.

Our goals for the athlete's in any of our programs are much greater than just athletic success. We utilize the lessons learned through athletics to emphasize character, leadership and citizenship. We teach and promote hard work as the foundation for success. We constantly evaluate each person's physical and psychological performance and introduce on-going challenges to continuously enhance their abilities. **The end result is a quicker, faster, stronger, more intelligent and confident athlete.**

We at Competitor's Edge consider it a privilege to work with the athletes of NKYVC. We want to see each of them achieve their ultimate athletic success. We know that the education and training that we provide will significantly improve their ability this year and serve as a foundation for continued development in the future.

Sincerely,

Paul A. Bodenbach
President

NKYVC USAV Team
Performance Enhancement Training

Improve your game through performance enhancement training. You will increase your strength, quickness and vertical jump. Sign up now for the training and conditioning programs offered by Competitor's Edge Inc. at Town and Country Sports Complex at special NKYVC discounted rates.

To Register

Fill out the attached performance contract and release form. Send your registration to: Town & Country Sports Complex 1018 Town Drive Wilder, KY. 41076 Attn: Competitor's Edge/NKYVC. All registrations must be accompanied by payment in full and submitted prior to the registration deadline. Please make checks payable to Town & Country. All registrations have a non-refundable \$25.00 registration fee. Contact Town & Country with questions at: (859) 442-5800 or competitors@msn.com.

USAV TRAVEL TEAMS

Pre-season training and conditioning:

November 17, 2008 to December 22, 2008

Monday, Wednesday, Friday 3:30pm – 5:00pm

Registration Deadline November 17, 2008: Cost: \$175.00

Registration received after deadline: Cost: \$225.00

TRAINING TEAM

Pre-season training and conditioning:

February 2, 2009 to March 9, 2009

Monday, Wednesday, Friday 3:30pm – 5:00pm

Registration Deadline January 23, 2009: Cost \$175.00

Registration received after deadline: Cost: \$225.00

Please do not contact NKYVC regarding these programs please contact Paul Bodenbach at 859-442-5800.

Please make all checks payable to Town & Country.

COMPETITOR'S EDGE/NKYVC
PERFORMANCE TRAINING AGREEMENT

USAV TEAM NOVEMBER 2008

Client Name _____ Age _____ Birth Date ___/___/___
Street Address _____ City _____ State ___ Zip _____
Home Phone (____) _____ - _____ Port. Phone (____) _____ - _____
E-mail Address _____
Parent/Guardian _____ Relationship _____
Street Address _____ City _____ State ___ Zip _____
Home Phone (____) _____ - _____ Work Phone (____) _____ - _____
Emergency Contact _____ Telephone (____) _____ - _____

- 1.) Participants must maintain a 2.00 minimum grade point average to be eligible to participate in this program. Any student who slips below a 2.00 grade point will be dropped from the program with no refund.
- 2.) All participants will exhibit a high standard of behavior. Neither cursing nor off colored remarks will be tolerated.
- 3.) All participants will wear proper athletic attire. Clothing must be in good taste.
- 4.) In keeping with high school and collegiate rules, jewelry will not be allowed.
- 5.) All participants will be ready to work out at the designated time. Anyone who may be late or will miss a session must call or make arrangements ahead of time.
- 6.) For the benefit of the participants and in order to achieve maximum results, each program must be completed in the scheduled time period. There are no make-ups for missed sessions.
- 7.) Each participant must be willing to serve as a member of the Competitor's Edge Team. Encouragement of your fellow participants and high standards of behavior are mandatory.
- 8.) All participants must sign a release of liability prior to participation.
- 9.) All training sessions must be paid in full in advance by cash or check Members of Town & Country may have the training fee billed directly to their account.
- 10) All participants must commit to giving 100% effort in each session throughout the course of the program.

I the undersigned have read and agree to follow the above policies and procedures regarding programs conducted by Competitors Edge Inc.

Signature _____ Date ___/___/___
Parent or Guardian _____ Date ___/___/___

Performance Fee: \$175.00 before November 12, 2008
\$225.00 after November 12, 2008.
Please make checks payable to:
Town & Country
1018 Town Drive
Wilder, KY. 41076

Competitor's Edge Training

GENERAL LIABILITY RELEASE, ASSUMPTION OF RISK, AND WAIVER OF CLAIMS

In consideration of being permitted to participate in exercise, athletic endeavors, or other activities (collectively "athletic endeavors") at Town and Country Sports Complex, the undersigned participant(s) do each agree that Town and Country Sports Complex and Competitors Edge, its heirs, assigns, and agents, and any and all other persons or entities involved in its athletic endeavors, together with all subcontractors, employees or volunteers, SHALL NOT BE LIABLE for injury or death to the undersigned participant(s), their heirs, assigns and agents, or for any loss due to theft of or damage to their property or for any other consequential incidental damages caused in any manner whatsoever where any such liability is attributable to the absence of ordinary or even slight care by Town and Country Sports Complex and Competitors Edge, in the conduct of athletic endeavors.

Furthermore each of the undersigned DOES HEREBY WAIVE any and all claims or causes of action against Town and Country Sports Complex and Competitors Edge which he or she may have by reason thereof AND DOES HEREBY RELEASE AND HOLD HARMLESS Town and Country Sports Complex and Competitors Edge from any and all claims or causes of action that he or she may have from the beginning of time, now, and in the future. Each of the undersigned further agrees not to bring or cause to be brought any suit or any such claim or cause of action and acknowledges that the releases and waivers referred to herein shall apply regardless of whether liability is asserted on the basis of contract, strict liability, ordinary negligence or gross negligence.

I also affirm that I am voluntarily participating in athletic endeavors and using the facilities, and further acknowledge that I know, understand, and appreciate the inherent risks of such participation and use (ranging from minor injuries such as sprains, to major injuries such as heart attacks, ankle and knee injuries, to catastrophic injuries such as death or paralysis). I assume full responsibility for any and all injuries or damages from participating in athletic endeavors and facility use, which may occur to me as a result of such participation.

Each of the undersigned further acknowledge that the execution of this Release, Assumption of Risk, and Waiver is continuing in nature, that it is his or her free and voluntary act, that he or she does not intend to participate in athletic endeavors at Town and Country Sports Complex until or unless he or she has had full opportunity to inspect its exercise and athletic facilities and sites and to receive all information from Town and Country Sports Complex and Competitors Edge that might bear on his or her decision to participate, and that he or she is under no duress or undue influence.

Furthermore, each of the undersigned intends both that he or she be legally bound hereby, and, in the event of his or her death, that this release and waiver shall be binding on his or her estate, heirs, beneficiaries or any other successors in interest.

This Release, Assumption of Risk, and Waiver shall be construed under the laws of the Commonwealth of Kentucky.

SIGNATURE BELOW VERIFIES THAT EACH OF THE UNDERSIGNED HAS READ AND FULLY UNDERSTANDS THE FOREGOING and further certifies that the information provided in his or her entry forms and/or personal data sheets is true and complete.

IN WITNESS WHEREOF, each of the participants sets forth his or her hand at the time and on the date below written.

Participant's Name (Print)

Participant's Signature

Date

Parent's Name (Print)

Parents Signature (required if under 18)

Date

Emergency Contact

Phone #