



NKYVC Athletes and Parents,

Town & Country's Elite Performance Training is excited to unite with the NKYVC as the provider for their training and conditioning programs. Each individual enrolled in our program will be provided with the best possible environment to improve. There will be many challenges that we will have prepared for each participant, yet the training that each receives will allow them to meet these challenges. We will combine a functional movement screen with corrective exercise strategy to reestablish functional movements in each athlete. Adding high levels of conditioning to this will produce an athlete who can consistently use their techniques throughout their training sessions and matches. An Online Nutrition Program will be available to each participant to log and grade their daily food choices. Our attention to detail will insure that each athlete learns the system it takes to optimize their individual abilities to the fullest.

A primary goal of our program is to educate athletes that improvement in our program reaches beyond athletic success. Educating through hard work is the cornerstone of our program, and there are no short cuts. We instill focus into each athlete through an on-going evaluation process and introduce on-going challenges to keep every athlete progressing. The result of this is a more committed, confident athlete that plays with purpose and portrays leadership qualities that others will want to emulate.

Elite Performance Training is privileged to work with the NKYVC and desires to see each participant reach their fullest potential as an athlete and citizen. We know that the education and training will serve in improving each athlete as well as provide a foundation for continued development in the future.

Sincerely,

Jeremy Hardin
Elite Performance Training Staff

ELITE PERFORMANCE TRAINING



YOU WILL:

- INCREASE YOUR STRENGTH
- INCREASE YOUR QUICKNESS
- INCREASE YOUR VERTICAL JUMP
- IMPROVE YOUR FUNCTIONAL MOVEMENTS
- LEARN PROPER TRAINING TECHNIQUES
- DEVELOP A HEALTHY LIFESTYLE NUTRITION PLAN
- UNDERSTAND INJURY PREVENTION AND MAINTENANCE

TRAINING TIMES AND DAYS

- Starts November 22nd , 2010 and runs through January 5th , 2011
- Monday's & Wednesday's: 3:30-5pm
- 7 weeks/ 14 sessions/ 21 hours of Professional Training

Registration Deadline is November 14th, 2010: Cost: \$195.00

Registration received after Deadline: Cost: \$225.00

To Register

1. Fill out the attached Performance Contract and Liability Release Form.
2. Send your registration to:
Town & Country Sports Complex
1018 Town Drive
Wilder, KY 41076
ATTN: Jeremy Hardin/EPT/NKYVC
3. All registrations must be accompanied by payment in full and submitted prior to the registration deadline on November 14th, 2010.
4. Please make checks payable to Town & Country
5. All registrations include a non-refundable \$25.00 registration fee.
6. Contact Town & Country with questions at: (859) 442-5800 or tcfitness@fuse.net

Please direct all communications and questions about the Elite Performance Training/ NKYVC Training Program to Jeremy Hardin at Town & Country (859) 442-5800 or tcfitness@fuse.net

ENHANCE YOUR PERFORMANCE TODAY!



Elite Performance Training/ NKYVC Training Agreement

Participant's Name _____ Age ____ Birth Date ___/___/___
Street Address _____ City _____ Zip _____
Home Phone (____) _____ Cell Phone (____) _____
Parent/Guardian _____ Email _____
Emergency Contact _____ Telephone (____) _____
School _____ Grade _____

- 1) All participants will exhibit a high standard of behavior. Neither cursing nor off colored remarks will be tolerated.
- 2) All participants will wear proper athletic attire. Clothing must be in good taste.
- 3) For safety regulations, no jewelry will be allowed during training sessions.
- 4) 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.
- 5) In order to achieve maximum results, each program must be completed in the scheduled time period. There will be no make-ups for missed sessions.
- 6) Encouragement of your fellow participants as well as a high standard of behavior is mandatory during every training session.
- 7) All participants must sign a release of liability prior to participation.
- 8) All training sessions must be paid in full in advance by cash or check. Town and Country Health Club Members may have their fee billed directly to their account.
- 9) All participants must commit to giving 100% effort in each session throughout the course of the program.

I understand, have read, and agree to follow the above policies and procedures regarding programs conducted by EPT.

Signature _____ Date ___/___/___

Parent or Guardian _____ Date ___/___/___

Performance Fee: \$195.00 before November 14th, 2010. \$225.00 after November 15th, 2010. A \$25.00 registration fee is charged for any returned registrations. No refunds after the program begins. Please make checks payable to:

Town & Country (1018 Town Drive Wilder, KY. 41076)



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, 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 is), 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 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 which he or she may have by reason thereof AND DOES HEREBY RELEASE AND HOLD HARMLESS Town and Country Sports Complex 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 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) _____

Participants Signature _____

Date _____

Parent/Guardian Name:(PRINT) _____

Parent/Guardian Signature: _____

Date _____

Emergency Contact Name: _____

Emergency Phone Number: _____