

## Registration

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email: \_\_\_\_\_

Home Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Grade (Fall 14) \_\_\_\_\_

Gender \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_

### Release of Liability

I hereby waive and release for myself and my heirs, any and all rights or claims I may have against the Performance Course, Inc. (PCI), any affiliates or subdivisions of Performance Course, Inc., any school of facility in which Performance Course, Inc are conducted, and each of their respective agents, employees, servants, officers, directors, and representatives, for injury or illness arising out of or in anyway connected with my participation in the Performance Course, Inc. I further agree to indemnify and hold harmless of each said persons or property which may arise by virtue of my participation in the Performance Course, Inc. I understand there are certain risks and dangers associated with all activity involved in the Performance Course, Inc and the use of the facility. Injuries can and do occur during Performance Course, Inc. I hereby grant permission for trainers, doctors and their designees to administer appropriate medical care, antignos or injuries, and to perform emergency procedures as necessary. Participant, agrees to waive any claim against PCI for ANY DAMAGE, LOSS, COST, EXPENSE OR LIABILITY RESULTING FROM PERFORMING (OR FAILING TO PERFORM) ANY DUTIES OR FUNCTIONS, AND PCI IS HEREBY RELEASED FROM LIABILITY TO THE PARTICIPANT OR HIS PARENTS FOR ANY AND ALL DAMAGES, LOSSES, COSTS, EXPENSES AND LIABILITIES ARISING OUT OF ANY INCIDENT TO OR RESULTING FROM SUCH PERFORMANCE OR FAILURE TO PERFORM, EVEN THOUGH CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE (WHETHER BY ACT OF OMISSION OR COMISSION), GROSS NEGLIGENCE, STRICT LIABILITY OR OTHER LEGAL FAULT OF PCI.

### Secondary Insurance

Performance Course, Inc., (PCI) provides student insurance coverage free of charge for all of our students who are involved in PCI. This coverage is secondary to any coverage that you may have. You must file on your primary policy first, pay any deductible and then the Performance Course, Inc policy second. Once your primary insurance has been paid, then the remaining expenses, up to the maximum benefits allowed, will be paid by the secondary policy. If you do not have primary insurance coverage, the PCI insurance will only pay the maximum benefits allowed. There is no guarantee that all medical expenses will be covered. You are responsible for any remaining expenses left uncovered or unpaid.

### Video/Photo Release

I hereby give permission for images of the participant, captured during the Performance Course, Inc (PCI) program listed through video, photo and digital camera, to be used solely for the purposes of PCI promotional material and publications, and waive any rights of compensation or ownership thereto.

Signing the guardian signature states that you understand and agree to the terms of the Release of Liability, Secondary Insurance and Video/Photo Release.

Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_  
\*\*\*Signature must be in place in order for child to participate

PO Box 882  
Allen, Tx 75013

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_

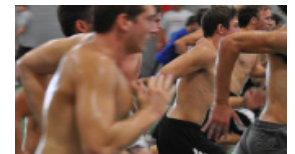
Email: \_\_\_\_\_

State: \_\_\_\_\_

Zip \_\_\_\_\_



# Summer 2014



214-383-4444

www.performancecourse.com

## Performance Course

**Performance Course** is an unrivaled approach to progressively improving athletic ability. This unique course combines sound, proven strength and conditioning principles with the latest methodologies to give the participant the top athletic performance program in the nation. The athlete can expect significant improvements in their acceleration, deceleration, multi-directional movement, explosive power and functional strength. Improved core stability and functional mobility will be the foundation for this improvement producing a more durable injury resistant athlete.

## Program Features

- Strength training, movement technique and safety orientation
- Prehab activities to address common injuries
- Developmentally appropriate strength training program.
- Progressive speed, agility, quickness and conditioning program
- Character development
- Athletic performance nutrition guidelines
- Mental preparation techniques
- 1:10 instructor to participant ratio in weight room
- Team building / leadership exercises
- Awards

## Staff

The cornerstone of Performance Course is our positive and energetic staff. Site coordinators are professionally certified as USA Level I Sport Performance Coaches and/or Certified Strength and Conditioning Specialists (CSCS) through the National Strength and Conditioning Association. Each staff member is experienced, a role model and strives to inspire, motivate, teach and build relationships with the athlete.



**Location**  
4310 NW 48th  
Norman OK 73072

**Dates / Days**  
6/9 - 7/29 M,W,F  
week of 6/30 - 7/4 OFF

**Course Times & Grades**  
8:00 - 9:30 AM Co-ed 6-12

**What to Bring**  
T-Shirt, Shorts, Athletic Shoes  
Water bottle



**Location**  
4310 NW 48th  
Norman OK 73072

**Dates & Days**  
June 9th - July 29th M,W,F

Course \_\_\_\_\_(Check One)

#1 8:00 - 9:30 a.m. ....  
(Recommended for Males & Females grades 6-12)

## Payment Information

Cost: \$210 Early Reg by May 20th: \$190

T-Shirts: \$20 (Each) \*\*Mark quantity in size  
S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_ (Adult)  
S \_\_\_ M \_\_\_ L \_\_\_ (Youth)  
Athletic Shorts: \$25 (Each)  
S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_ (Adult)  
S \_\_\_ M \_\_\_ L \_\_\_ (Youth)  
Athletic Drawstring Bag (\$10) Qty \_\_\_\_\_

Total Apparel \$ \_\_\_\_\_ No Refunds  
Program Cost \$ \_\_\_\_\_  
Total Tuition Owed \$ \_\_\_\_\_

*\*Please return this portion of registration,  
along with payment. Please complete both sides.*

### Make Checks or Money Order Payable to:

Performance Course  
P.O. Box 882  
Allen TX 75013  
Phone: 214-383-4444  
Fax: 214-383-4463  
genopierce@performancecourse.com  
www.performancecourse.com