

## ***Blue Chip Program registration form-Fall/Winter Session-Speed/Skills***

**Disclaimer:** *True Grit Sports Conditioning* is a business that provides pre-sport/sport conditioning, college scholarship consulting and video/DVD preparation. Those who elect to use our paid or voluntary services do so with the full knowledge that the training is physically challenging and stressful, and the college scholarship consultations and video/DVD preparation are not guaranteed. **Participants/Prospects** shall indemnify and **hold harmless** the owner/trustees/ board members, and employees/coaches/agents of **True Grit Sports Conditioning (LLC)**, from and against any and all claims, actions, liability, damage, loss or obligations, including all costs, demands expenses, expert fees and costs, and attorney's fees arising out of **True Grit Sport Conditioning's** activities pursuant to this Agreement, including by way of illustration and not limitation, the following: (a) any injury to or death of any person or damage to or destruction of any property occurring in or on **True Grit Sports Conditioning's** equipment, or any part thereof; (b) any default by **True Grit Sports Conditioning** in the observance or performance of any of the terms, covenants, or conditions of this Agreement; or (c) the use, occupancy, or condition of **True Grit Sports Conditioning's** equipment or activities therein.

I agree to the conditions stated above and cost: ***\$55 monthly (5) sessions – Fall/Winter - 9/26-12/6***

***(Athlete (18)/Parent /Guardian) signature***

\_\_\_\_\_

### **Registration:**

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

Address: \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_ Email: \_\_\_\_\_

\_\_\_\_\_

Telephone: \_\_\_\_\_ Cell: \_\_\_\_\_

\_\_\_\_\_

School: \_\_\_\_\_ Sports: \_\_\_\_\_

\_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

**Note:** *PP evaluation to be filled out by staff only!*

**Pre-participation evaluation:** \*Bench press (max/min) \_\_\_\_\_ Push up \_\_\_\_\_ Sit up \_\_\_\_\_ Pull up \_\_\_\_\_

Jumping jacks \_\_\_\_\_ Berpees \_\_\_\_\_ 10 Yard Sprint \_\_\_\_\_ 20 Yard Sprint \_\_\_\_\_

40 Yard Sprint \_\_\_\_\_ Broad Jump(V/H) \_\_\_\_\_ \*Leg press(max/min) \_\_\_\_\_

\*Dead lift(max/min) \_\_\_\_\_ 20 Yard shuttle \_\_\_\_\_ Ladder Drills(A,B,C) \_\_\_\_\_

Hurdle Drills(A,B,C) \_\_\_\_\_ Track Drills(A,B,C) \_\_\_\_\_ Jump rope \_\_\_\_\_ \*Power cleans \_\_\_\_\_

Core Drills(A,B,C) \_\_\_\_\_ Flexibility(A,B,C) \_\_\_\_\_