



College or Fall sport athletes (that report back early) *June 8th – Aug 7th*

All other athletes *June 22nd - Aug 21st*

Please choose the time slot to attend (time slots may be changed if filled or deemed inappropriate for the athlete.)

Program	Cost	Days	Times(program runs 2 hours)	Choice
<i>Sports Training</i>	\$675 After May 29 \$725	M/T/Th	7am, 7:30am, 8:30am, 9:30am, 10am, 1pm, 5pm, 6pm	
<i>Sports Training</i>	\$825 After May 29 \$875	M/T/W/Th	6am, 8am, 10:30am, 5:30pm	
<i>Team Training</i>	\$675 After May 29 \$725	M/T/Th	6:30am, 9-11am, 1:30pm, 6pm	

Maximum of 9 athletes per group (ensures more attention to the athletes)

10% Team/Family Discount (2 or more) - Call for team discounts (978) 853-5902

Athlete's Name	Date of Birth	Sex
Parent's Name		
Address		
City	State	Zip
Phone		
Email	Sessions attended	
Referred by		

Waiver/Release

Please enroll this athlete in your strength and conditioning program. This program is intended to reduce the risk of injuries but cannot guarantee that the athlete will not incur injury in their given sport. With all fitness and athletic activities there is a risk of injury. I understand that neither Elite Sports and Fitness nor anyone employed by the facility will assume responsibility for accidents incurred as a result of participation in this program. I attest that the athlete is in good health and able to participate in physical activity of a vigorous athletic program. In any event of injury or illness, the facility has my permission to provide emergency first aid.

Signature of parent or guardian for athletes under age 18:

Mailing Address, 4 Felton Lane, West Newbury, Ma. 01985