

## REGISTRATION

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Email \_\_\_\_\_  
Home Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
Grade (Fall 2018) \_\_\_\_\_ 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, antiseptics or injuries, and to perform emergency procedures as necessary. Participant, and/or guardian of 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 commission), gross negligence, strict liability or other legal fault of PCI.

## 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 and Video/Photo Release.

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

Date \_\_\_\_\_

**Signature must be in place in order for child to participate**

**NO REFUNDS**



**REGISTER ONLINE AT  
WWW.PERFORMANCECOURSE.COM**



CURRENT RESIDENT OR:

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Email \_\_\_\_\_



PO Box 882  
Allen, TX 75013

# LINDALE HIGH SCHOOL



## FEMALE SUMMER 2018



Programs for Improving Athletic Performance

**REGISTER ONLINE AT  
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

- Program integration set up and design with Lindale High School coaching staff
- 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
- Individual performance evaluation
- Character development
- Athletic performance nutrition guidelines
- Mental preparation techniques
- 1:10 instructor to participant ratio in weight room
- Team building / leadership exercises
- Awards

\*Course, dates and times can be found at [www.performancecourse.com](http://www.performancecourse.com) - NO REFUNDS\*

“Performance Course is an unrivaled approach to progressively improving athletic ability.”



## BACKGROUND

Performance Course is owned and operated by Geno Pierce, CSCS. Pierce has been involved in designing and developing programs in school districts throughout Texas for the last 23 years. Performance Course programs have developed numerous district and state champions. Pierce is one of the most respected and experienced professionals in the nation. This experience, coupled with a caring and energetic staff exposes the participant to the top team building program in the nation.



## OUR TEAM

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 (NSCA). Each staff member is experienced, a role model and strives to inspire, motivate, teach and build relationships with the athlete.

# COURSE REGISTRATION

## LOCATION

Lindale High School Weight Room

## DATES & DAYS

June 11 - July 27

Monday - Friday

(NO PC ON WEEK 7/2-7/6)

## COURSE TIMES

9:00AM - 10:00AM

Female Session

Recommended for Females entering grades 6-12

\*Athletes will train at appropriate Developmental level

## PAYMENT INFORMATION

Program Cost by May 1

\$190

After May 1

\$210

Program Cost \$ \_\_\_\_\_

T-shirts \$25 each \*Mark quantity in size

S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_ (Adult)

S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ (Youth)

Athletic Shorts \$30 each \*Mark quantity in size

S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_ (Adult)

S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ (Youth)

Athletic Drawstring Bag \$15 Qty \_\_\_\_\_

APPAREL BY



Total Apparel \$ \_\_\_\_\_

Total Tuition Owed \$ \_\_\_\_\_

NO REFUNDS

Please return this portion of the registration, along with payment. Please complete both sides. Registration and tuition must be submitted in order to participate.

## MAKE CHECKS OR MONEY ORDER PAYABLE TO:

Performance Course

PO Box 882

Allen, TX 75013

Phone: 214-383-4444

Fax: 214-383-4631

info@performancecourse.com



@PCnowisthetime



Like us on FB

**REGISTER ONLINE AT  
WWW.PERFORMANCECOURSE.COM**