

ANNOUNCING!

***Introduction to
Strength
Training
Workshop***

May 17, 2008

1:30 p.m. – 4:00 p.m.

Location:

Velocity Sports Performance • 7051 S. Adams St. • Willowbrook, IL

Presented By:



Champion Sports Advantage

Introduction to Strength Training Workshop

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The purpose of this Workshop is to provide a greater knowledge to newer athletes to the Strength Training Program over the past year as well as anyone interested in knowing more about the programs offered by Champion Sports Advantage. Coaches are also more than welcomed to come see what we offer for their athletes.

If you have ever wondered how a structured Strength Training Program can assist you in becoming a better skater, this Strength Training Workshop will provide that information. Athletes will learn basic warm-up exercises, strength training exercises and much more through hands-on demonstration. Participants should come ready to train and learn. The athletes along with parents and coaches will also take part in a lecture in regards to the importance of and reasoning behind Strength Training for figure skaters as well as time for questions and answers. The lecture will be at the end of the day and it is highly recommended all parents attend.

The cost for the Strength Training Workshop is \$30.00. ***Registrations are due by May 10, 2008.*** All registration forms must be filled out completely and turned in for an athlete to be considered registered. Registrations can either be handed directly to Garrett J. Krug of Champion Sports Advantage or mailed to Champion Sports Advantage, 28361 Diehl Rd Unit B #111, Warrenville, IL 60555. On **May 12, 2008** a finalized schedule for the day will be posted on our website and also sent out to all participants.

If you have any questions about the registration form, for more specific details or to register, contact Garrett J. Krug of Champion Sports Advantage at gjkrug@csadvantage.org or by phone at 630/334-0827. You can also go to www.csadvantage.org for more information about the Introduction to Strength Training Workshop as well the Strength Training Program.

Strength Training Workshop Registration Form: (Please print and only one applicant per form.)

Skater's Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Parent's Cell Phone: _____ Parent's E-Mail: _____

Age: _____ Discipline: _____ Skating Level: _____ Coaches Name: _____

Introduction to Strength Training Workshop \$30.00 = Total Amount Due: _____

****Checks should be made payable to Garrett J. Krug****

The undersigned agrees to Velocity Sports Performance, Garrett J. Krug that participation in this off-ice program is expressly conditioned upon proper conduct of the undersigned parent(s) and his or her child (children). I (we) agree to this contract, and will be obligated to pay Garrett J. Krug for the workshop hereby contracted. I (we) will be responsible whether I (we) use it or not. The undersigned acknowledges the activities engaged in by the undersigned or the minor child (children) of the undersigned has certain risks. Notwithstanding these assumed risks, the undersigned agrees to permit the minor child (children) or the undersigned to engage in said activities at their sole risk and expense. Garrett J. Krug shall not be in any event be held liable for any resulting injuries or damages. The undersigned agrees to fully indemnify and hold Garrett J. Krug harmless from any and all claims, which may be asserted by the undersigned or on behalf of the minor child (children).

Parent(s) or
Guardian(s): _____ Date: _____