

Champion Sports Advantage Strength Training Contract

August 23, 2010 – October 16, 2010 (8-week session)

Class Price Structure:

1. Strength Training Class price (class price below is dependent on number of days per week attending):
 - 1-Day per week is \$23 per class.
 - 2-Days per week is \$21 per class.
 - 3-Days or more per week is \$19 per class.
2. Conditioning Class price is \$14 per class.
3. When registering for classes circle the class(es) you are planning to attend under the appropriate number of classes being attended per week.
4. **Availability will be on a first-come-first-serve basis for all classes. You will not be considered registered for any classes until the contract and payment are submitted. I will keep an updated listing for class availability on the Champion Sports Advantage website, www.csadvantage.org.**
5. **All contracts are due on or before August 15, 2010 for all current athletes within our Summer Strength Training Program. For any late contracts for those currently in the program, there will be an additional \$15 late fee.**
6. For any **NEW ATHLETES**, please contact me beforehand because it is required you first attend a private Strength Training Session to be tested as well as taught exercises from the program.
7. All checks should be made payable to **Champion Sports Advantage**.

Strength Training Rules:

1. Make-ups/Credits: If you are unable to attend a class you signed-up for during the session, you must notify me 24 hours beforehand either at gjkrug@csadvantage.org or (630) 334-0827. If this is done then you will be able to come to another class time, space permitted upon checking with me. **All make-ups must take place during current Strength Training Contract in which they were missed.**
2. Minimum of 4 skaters will be needed to run each Strength Training Class with a maximum of 8 skaters allowed.
3. Minimum of 4 skaters will be needed to run the Conditioning Class with a maximum of 12 skaters allowed.
4. Classes may be subject to cancellation.

Strength Training Class Schedule:

<i>Day</i>	<i>Class Time</i>	<i>Class Type</i>	<i>1-Day Price</i>	<i>2-Day Price</i>	<i>3-Day Price</i>
Monday	5:15 - 6:15 p.m.	Strength Training	\$138	\$126	\$114
Monday	6:15 - 7:15 p.m.	Strength Training	\$138	\$126	\$114
Tuesday	5:15 - 6:15 p.m.	Strength Training	\$161	\$147	\$133
Wednesday	6:15 - 7:15 p.m.	Strength Training	\$161	\$147	\$133
Thursday	5:05 - 6:05 p.m.	Strength Training	\$138	\$126	\$114
Saturday	8:45 - 9:45 a.m.	Strength Training	\$138	\$126	\$114
Saturday	9:50 - 10:50 a.m.	Strength Training	\$138	\$126	\$114
Saturday	10:55 - 11:55 a.m.	Strength Training	\$138	\$126	\$114
Saturday	12:00 - 1:00 p.m.	Strength Training	\$138	\$126	\$114
Saturday	1:05 - 1:35 p.m.	Conditioning	\$84	\$84	\$84

No Classes:

September 6 - Labor Day (Monday)

September 11 - Wagon Wheel (Saturday)

September 30 to October 8 - Regional (Thursday - Friday)

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Skater's Name: _____ Parent's Cell Phone: _____

Address: _____ Parents E-Mail Address: _____

City: _____ State: _____ Zip: _____ Skater's Birth Date: _____

Primary Skating Coach: _____ Skating Level: _____

Would you like to receive our CSA-Newsletter? Yes No
 Would you like to receive E-Mail Updates for Strength Training Classes? Yes No

Strength Training Class Schedule:

****circle class(es) attending under the number of days per week attending****

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Total Strength Training Class: _____

Amount Due: _____

+ Conditioning Class: _____

Total Amount Due: _____

The undersigned agrees to Right Fit Sports Wellness and Champion Sports Advantage 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 Champion Sports Advantage for the classes 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. Champion Sports Advantage shall not in any event be held liable for any resulting injuries or damages. The undersigned agrees to fully indemnify and hold Champion Sports Advantage 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: _____