

Name _____
Date of Birth ___/___/___
Address _____
City _____ Zip _____
Home Phone _____
Cell Phone _____
Email _____
Emergency _____
Contact _____
Phone _____

Health Conditions, Recent Illnesses, Allergies
(list below):

Payment Information

(\$50 deposit due by May 28, 2010 and final
payments due by June 14, 2010)

Senior Camp (12-14 yr-olds \$75/week)

Week# 1__ 2__ 3__ 4__

*Number of weeks ___ x \$75 = _____

(\$50 deposit due by 5/15/10)

Junior Camp (10-11 yrs old \$50/week) _____

Week# 1__ 2__ 3__ 4__

*Number of weeks ___ x \$50 = _____

(\$50 deposit due by 5/28/10)

___Check payable to "PEAQ Performance,
LLC"

Mail to PEAQ Performance, LLC 4510 S.
Ferncreek Ave, Orlando, FL 32806

Summer Football
Speed and Conditioning Camp
Ages 10-11 and Ages 12-14

June and July 2010

At Cypress Grove Park
290 W. Holden Ave, Orlando
(1/4 mile west of Orange Ave)

**We will help you be physically
conditioned and ready to impress your
coaches with your hustle when you begin
your team's training camp!!**

Join Coach Mark Bruno (ISCA Certified Trainer) and Coach Anabell Montes (Colombian National Track Champion and Certified Coach) for weeks of sweat and **FUN** as we prepare you for the 2010 football season. Take your game to the next level as you learn techniques to increase your **Power, Endurance, Agility and Quickness.**

Our camp will also help you develop –
**flexibility, balance, speed, movement
skills, leadership and teamwork!**

Senior Camp - Ages 12-14 - \$75/week (\$300
for all 4 weeks)

- Week 1 - June 14, 16 and 18
- Week 2 - June 21, 23 and 25
- Week 3 - July 5, 7 and 9
- Week 4 - July 12, 14 and 16

Junior Camp - Ages 10-11 - \$50/week (\$200
for all 4 weeks)

- Week 1 - June 15 and 17
- Week 2 - June 22 and 24
- Week 3 - July 6 and 8
- Week 4 - July 13 and 15

*Times for Junior and Senior camps -
9:00-12:00 (8:30 drop off)*

We offer a 20% discount for siblings.

(See other side for sign-up and payment information)

WAIVER OF LIABILITY AND RELEASE

I ACKNOWLEDGE THAT BY SIGNING THIS DOCUMENT, I AM RELEASING PEAQ PERFORMANCE, MARK BRUNO, THEIR EMPLOYEES, ASSIGNS AND HEIRS (COLLECTIVELY "RELEASEE") FROM LIABILITY. THIS WAIVER OF LIABILITY AND RELEASE IS A CONTRACT WITH LEGAL CONSEQUENCES. I HAVE BEEN ADVISED TO READ IT CAREFULLY BEFORE SIGNING.

In consideration of RELEASEE'S consent to provide to me personal training services at any location the parties may agree to utilize, I hereby freely agree to and make the following contractual representations and agreements. I further acknowledge, understand and agree, that my participation in training activities involves strenuous physical activity and I warrant and acknowledged that I have had the opportunity to seek the advice and treatment of a licensed medical practitioner and am physically fit to participate in the contemplated activities. It is understood that the RELEASEE is providing the services in reliance upon this representation.

I acknowledge that utilization of fitness equipment, weights and machines can be inherently dangerous and fully realize the dangers of participating in such activities. I fully assume the risks associated with such participation and for myself, my heirs, executors, administrators, legal representatives, assignees, and successors in interest (collectively "Successors") **I HEREBY WAIVE, RELEASE, DISCHARGE, HOLD HARMLESS, AND PROMISE NOT TO SUE AND SHALL INDEMNIFY RELEASEE FROM ANY AND RIGHTS AND CLAIMS, OF ANY KIND, INCLUDING CLAIMS ARISING FROM THE RELEASEE'S OWN NEGLIGENCE,** which I have or which may hereafter accrue to me and from any and all damages which may be sustained by me directly or indirectly in connection with, or arising out of, my participation in personal training and use any fitness center.

I further acknowledge and agree that I have read and/or will read prior to the use of any fitness center or facility and will comply with all rules and policies related to the use of the fitness facility at all times that I am involved with provision of personal training services by RELEASEE. I further acknowledge and affirmatively state that I have no physical or medical condition which to my knowledge, would endanger others or myself if I participate in use of any fitness center or the personal training services to be provided by RELEASEE.

I agree, for myself and my successors, that the above representations are contractually binding, and are not mere recitals, and that should I or my successors assert my claim in contravention of this agreement, the asserting party shall be liable for the expenses (including legal fees) incurred by the other party or parties in defending, unless the other party or parties are finally adjudged liable on such claim for willful and wanton negligence. This agreement may not be modified orally, and a waiver of any provision shall not be construed as a modification of any other provision herein or as consent to any other provision herein or as consent to any subsequent waiver or modification.

Date: _____

If the party to be provided services is a minor, then the following must be completed:

I _____, as the parent and/or legal guardian of _____ (Minor) do hereby agree and acknowledge for myself, my spouse or any heir, assign or successor of Minor, that the above stated acknowledgements, warranties, waivers, releases and hold harmless provisions as a condition precedent of the Minor participating in this program, are agreed to on my behalf and that of Minor.

_____ Date: _____

_____ Date: _____

