



Kevin Chiles – Owner/Sports Performance Coach of Chiles Sports Development (CSD) Specializes in instructing and empowering individuals and teams to maximize their potential through athletic performance engineering. CSD plan has experienced years of success, being contracted at multiple schools, club organizations and youth programs in our extended community. Coach Kevin Chiles – Has a B.S. in Social Science as a student athlete at Boise State University and is a Certified Strength and Conditioning Specialist (NSCA-CPT) Chiles is also a Certified Speed, Agility & Quickness Specialists, Chiles professional background includes being the Lead Sport Performance Coach for the Skyline football program since 2004, and seasonally with Spartan LAX & Basketball. Chiles also functions as strength & conditioning coach for Mercer Island HS basketball & football programs since 2007 and Redmond HS Football.

Schedule:	<b>Pre-Season – Session 1:</b> October 9 <sup>th</sup> – Dec 13 <sup>th</sup> Tuesdays & Thursdays 5:30-7PM
Note:	<b>Pre-Season – Session 2:</b> January – February Tuesdays 5:30-7PM Wt Rm Thursdays 4-5:30PM Stadium
Location	<b>Continued Training:</b> In-Season Registration TBD  No Training Sessions will be held over the Holiday Break ( <b>35 sessions</b> )  Skyline HS Weight Room <i>Including - Fields and Gym Space, depending on program progressions</i>
Registration	<b>Confirm your students enrollment via e-mail ASAP and bring payment and signed consent to the first session.</b>
Promotional Offer	\$235/ session or \$400 for both sessions if paid in full by October 9th (Sales Tax Included)

THE SPARTAN COACHES ARE PLEASED TO RECOMMEND...

LACROSSE  
SPORT PERFORMANCE TRAINING  
2012-13

Our performance training objectives will be inviting 8<sup>th</sup> – 12<sup>th</sup> grade Lacrosse players to a safe, effective, result orientated athletic engineering plan. This will be accomplished by CSD performance team providing 100% supervision and geared towards perfect effort performance training. Your student athletes will understand how specific mental preparation, skills, drills and strengthening exercises will bring their goals into reality.

Benefits and objectives during our program will include however will not be limited to:

- Improved flexibility
- Increased explosiveness, speed & agility
- Increased balance, stability and coordination
- Increase strength developed (core, upper, lower & total body efficiency)
- Increased core strength (abdominal region, hips, low back)
- Increased functional power
- Increased work capacity
- Decreased risk of injury
- Character building
- Team Building

Utilize CSD's program as consistently as you possibly can, let's prepare for your future success! Come gain the edge on your competition, ultimately your team will continue in the tradition of winning and STATE CHAMPIONSHIP Opportunities!

Service Provided by: *CHILES SPORTS DEVELOPMENT*  
Contact Owner/Performance Coach Kevin Chiles at  
(206) 225-8608  
Or email [Chiles\\_CSD@msn.com](mailto:Chiles_CSD@msn.com)



## Registration / Waiver of Release

- ❖ Confirm enrollment status via e-mail ASAP to Chiles\_CSD@msn.com
- ❖ Make Check Payable To Chiles Sports Development
- ❖ Bring waiver/consent and payment to first session October 9<sup>th</sup>, 2012

- Athlete's Name: \_\_\_\_\_
- School: \_\_\_\_\_
- Parent or Guardian: \_\_\_\_\_
- Address: \_\_\_\_\_
- City, \_\_\_\_\_ State, \_\_\_\_\_ Zip: \_\_\_\_\_
- Phone: \_\_\_\_\_
- Email: \_\_\_\_\_
- Athlete's Age & Grade: \_\_\_\_\_
- Sports Played: \_\_\_\_\_
- Emergency Contact: \_\_\_\_\_
- Phone: \_\_\_\_\_

### Parent & or Guardian Please Complete The Below Consent/Waiver:

I understand and acknowledge that there are risks involved in being involved in a Chiles Sports Development program at Skyline, Mercer Island, Redmond, Element Five Fitness and in the community, including but not limited to the risks involved in utilizing equipment or participating in any exercise or fitness activity. I agree that I will assume the risk and full responsibility for any and all injuries, losses, or damages while participating in a Chiles Sports Development programs. I further agree that I will indemnify and hold harmless, to the maximum extent allowed by law, from injury, loss, death, costs, or other damages to me, my heirs or assigns, or third parties for claims, suits, or related causes of action asserted against Chiles Sports Development, Respective School Dist, Affiliates & or supporting entities arising from me or my student athletes conduct while on the premises of the program or activity except for negligence and/or malpractice.

(Initials) \_\_\_\_\_

### Photo/Media Release Form

I grant permission to Chiles Sports Development, and its subsidiary units, to use photographs, video, audio recordings, and/or textual material created by me for use in Chiles Sports Development, publications, including web sites or other electronic forms or media, and to offer the photographs, video, audio, or text for use or distribution to other media, without notifying me.

I hereby waive any right to inspect or approve the photographs, publications, or electronic matter that may be used in conjunction with them now or in the future, whether that use is known to me or unknown, and I waive any right to royalties or other compensation arising from or related to the use of the photographs. I understand that I release the copyright to the original materials. INITIAL \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Service Provided by: *CHILES SPORTS DEVELOPMENT*  
Contact Owner/Performance Coach Kevin Chiles at  
(206) 225-8608  
Or email Chiles\_CSD@msn.com