



Athlete Registration

ATHLETES NAME _____ DOB _____ AGE _____ GRADE _____
 SPORT(S) _____ POSITION(S) _____
 PARENT(S) NAME _____
 ADDRESS _____ CITY _____ STATE _____ ZIP _____
 EMERGENCY CONTACT _____ PHONE _____
 PARENTS E-MAIL _____
 INJURIES, MEDICATIONS, OR SURGERIES _____

COST OF PACKAGE \$ _____

Performance: Enhance and optimize athletic performance for athletes aged 13 to 18

These are the ideal ages for developing speed, strength and power of an athlete. The focus is on maximal improvements in athletic performance. The performance program will improve work capacity, speed and agility, increase strength and power, and reduce the risk of injury. Each session lasts 1 1/2 hours.

** Must be EFT	1 Month **	3 Months **	6 Months **	12 Months **
Unlimited	\$195	\$175 per month	\$155 per month	\$135 per month
2 x week	\$159	\$139 per month	\$119 per month	\$99 per month

10 Session Package: \$250 (Valid for 3 months, must be paid in full)

College Performance	1 month unlimited	\$125
1 week unlimited \$35	2 month unlimited	\$225
	3 month unlimited	\$325

Developmental: Improving fundamental skills and self-confidence for athletes aged 10 to 13. These are the most critical years in a child's life for developing motor skills. The developmental program will help build your athletes physical foundation. The goals of this program are to build self-esteem, improve balance, coordination, core strength, and running mechanics. Each session lasts 1 hour

Speed, Agility & Quickness: Perfecting acceleration, top end speed, and change of direction mechanics for all athletes.

Our speed, agility and quickness camps focus on sharpening the skills that are so vital to sports performance. Athletes will learn the proper mechanics in acceleration, deceleration, change of direction, and game speed. Each session lasts 1 hour

** Must be EFT	1 Month **	3 Months **	6 Months **	12 Months **
2 x week	\$139	\$119 per month	\$99 per month	\$79 per month
1 x week	\$99	\$85 per month	\$70 per month	\$60 per month

1 Month Unlimited \$165

10 Session Package: \$195 (Valid for 3 months, must be paid in full)

Please enroll the above individual in the **Sports Performance Program**. I understand that Athletic Based Training, or anyone employed by the facility will not assume responsibility for accidents incurred as a result of participation in the program. I attest that the athlete is in good health and is able to participate in rigorous physical activity at Athletic Based Training. In the event of an injury, Athletic Based Training has permission to administer emergency first aid. _____ **Signature** _____ **Date**

I understand that training sessions are non-transferable, non-refundable, and have a definitive start and end date. All 10 packs expire 3 months from purchase. I understand that session packages will be auto renewed. If you do not want sessions to be auto renewed please contact our billing manager at abt.chris@yahoo.com 10days prior to session package expiring. _____ **Initial**

If package is terminated prior to completion the difference must be paid and a \$40 cancellation fee. _____ **Initial**

Visa/MC/Discover _____
Card # _____
Expiration: Month+Year _____
Name on Card _____

120 Prospect St-Milford 508-478-1500



Please follow us on

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