

SPARQ

SPEED & POWER

DEVELOPMENT COMBINE

location: Whitney High School, Rocklin, CA
date: Saturday, May 17th
time: 1:00 p.m. – 4:00 p.m.

pre-registration: \$20.00 per athlete (by May 15th)

check payable to: Sports Specific Training
2511 Warren Drive
Rocklin, CA 95677

walk up registration: \$25.00 per athlete

Content: SPARQ testing methods will include 40-yard dash, shuttle test, chest power ball throw and vertical jump test.

Directors: **Dan Bunz:** A former #1 draft pick of the San Francisco 49ers, Dan was a big part of Super Bowl XVI and XXI. Dan has over 20 years experience in teaching Junior High, High School and College.

Steve Kenyon: A SPARQ Certified Trainer, and the 1995 National High School Strength Coach of the Year, Steve is a certified strength and conditioning Specialist and a Level II U.S.A.W. Coach. Steve took three different football programs to the CIF playoffs in three different decades.

Information: **Fill out the registration form on the back of this flyer. A Waiver Form signed by a parent or guardian MUST be received for each athlete in order for the athlete to participate.** Athletes are to wear t-shirt and shorts with athletic shoes and bring plenty of fluids.

p: 916.435.4045 | e: sstocklin@sbcglobal.net | www.sportsspecifictraining.net



Sports Specific Training

OPTIMIZING ATHLETIC PERFORMANCE



www.sportsspecifictraining.net



Waivers, Releases and Agreements

Express Waiver and Release Of Liability

I, _____ in consideration of Sports Specific Training, Inc. (hereinafter "SST") granting me, or the minor athlete named, permission to participate in the SST Training Program, its related events and activities, the undersigned hereby acknowledges and agrees that:

1. The risk from injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN ARISING FROM THE NEGLIGENCE OF SST and others, and assume full responsibility for my participation; and I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will bring such to the attention of the nearest SST official immediately; and,
3. I for myself or on behalf of the named minor child, and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, DEFEND AND HOLD HARMLESS, SST, its officers, employees, Independent Contractors, Affiliates, and if applicable, owners and lessors of premises (the "Releasees") used to conduct SST events, WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss of damage to my person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, TO THE FULLEST EXTENT PERMITTED BY LAW.

I HAVE READ THIS WAIVER AND RELEASE OF LIABILITY, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING BELOW, AND I SIGN FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Photography Release

Athletes may on occasion be photographed during training at the SST facility. The undersigned hereby consents to the use of these photographs, without compensation, payment or reimbursement, by SST on its web site or in commercial capacity or in any materials produced and/or published by SST.

Training Cycle Agreement

The undersigned further acknowledges that training sessions at SST must be completed during the training cycle for which they were purchased, and that if an athlete fails to complete all sessions within the allotted time period, sessions may be made up only during the active rest and/or the test week prior to the beginning of the next cycle. **Missed sessions may not be credited to subsequent cycles.**

Flexible Spending Agreement

In order for SST to maintain its flexible scheduling policy, attendance and communication are important. I understand that if an athlete will be unable to attend a scheduled training session, that session must be cancelled no later than 6:00 P.M. the previous day. Failure to cancel any scheduled session(s) or more than two (2) late cancellations in any cycle will result in the forfeiture of the training session and/or a \$25.00 Late Fee. **Initial Here:** _____

Signature and Consent to Waivers, Releases & Agreements (To be completed and signed by parent/guardian if applicant is under 18 years of age.)

I am the participating athlete and am 18 years of age or older.

I am the parent or legal guardian of the participating athlete.

I have carefully read this Waiver, Release, and Agreement and fully understand and consent to its terms. I have investigated the risks involved in participation in the training program and fully understand and assume such risks in accordance with this agreement. I am aware that this is a release of liability and a contract between SST and myself and sign it of my own free will.

Athlete's Full Name: _____ Birth date: _____

Street Address: _____

City: _____ State: _____ Zip: _____

eMail: _____ Phone: _____

Signature of Parent, Guardian or Athlete 18 Years or Older: _____ Date: _____

Print Name: _____