

Registration

Name: _____

Address: _____

City _____ State _____ ZIP _____

Email: _____

Home Phone: _____

Grade (Fall 11) _____ Gender _____

Emergency Contact: _____

Emergency Phone: _____

Release of Liability

I hereby waive and release for myself and my heirs, any and all rights or claims I may have against the Performance Course, Inc. (PCI), any affiliates or subdivisions of Performance Course, Inc., any school of facility in which Performance Course, Inc are conducted, and each of their respective agents, employees, servants, officers, directors, and representatives, for injury or illness arising out of or in anyway connected with my participation in the Performance Course, Inc. I further agree to indemnify and hold harmless of each said persons or property which may arise by virtue of my participation in the Performance Course, Inc. I understand there are certain risks and dangers associated with all activity involved in the Performance Course, Inc and the use of the facility. Injuries can and do occur during Performance Course, Inc. I hereby grant permission for trainers, doctors and their designees to administer appropriate medical care, antignens or injuries, and to perform emergency procedures as necessary. Participant, agrees to waive any claim against PCI for ANY DAMAGE, LOSS, COST, EXPENSE OR LIABILITY RESULTING FROM PERFORMING (OR FAILING TO PERFORM) ANY DUTIES OR FUNCTIONS, AND PCI IS HEREBY RELEASED FROM LIABILITY TO THE PARTICIPANT OR HIS PARENTS FOR ANY AND ALL DAMAGES, LOSSES, COSTS, EXPENSES AND LIABILITIES ARISING OUT OF ANY INCIDENT TO OR RESULTING FROM SUCH PERFORMANCE OR FAILURE TO PERFORM, EVEN THOUGH CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE (WHETHER BY ACT OF OMISSION OR COMISSION), GROSS NEGLIGENCE, STRICT LIABILITY OR OTHER LEGAL FAULT OF PCI.

Secondary Insurance

Performance Course, Inc., (PCI) provides student insurance coverage free of charge for all of our students who are involved in PCI. This coverage is secondary to any coverage that you may have. You must file on your primary policy first, pay any deductible and then the Performance Course, Inc policy second. Once your primary insurance has been paid, then the remaining expenses, up to the maximum benefits allowed, will be paid by the secondary policy. If you do not have primary insurance coverage, the PCI insurance will only pay the maximum benefits allowed. There is no guarantee that all medical expenses will be covered. You are responsible for any remaining expenses left uncovered or unpaid.

Video/Photo Release

I hereby give permission for images of the participant, captured during the Performance Course, Inc (PCI) program listed through video, photo and digital camera, to be used solely for the purposes of PCI promotional material and publications, and waive any rights of compensation or ownership thereto.

Signing the guardian signature states that you understand and agree to the terms of the Release of Liability, Secondary Insurance and Video/Photo Release.

Guardian Signature _____

Date _____

***Signature must be in place in order for child to participate.

No Refunds



P.O. Box 882
Allen TX 75013

Name: _____
Address: _____
City: _____ State: _____ ZIP: _____

Summer 2011 Programs for Improving Athletic Performance



The Official Sports Performance Provider for the McKinney ISD



214-383-4444

WWW.PERFORMANCECOURSE.COM

Performance Course

The Performance Course is a unique program designed to progressively improve athletic ability. Combining cutting edge technique with carefully applied strength and conditioning principles the athlete can expect significant improvements in their acceleration, deceleration, multi-directional movement, explosive power and functional strength.

Each course is developmentally appropriate and strives to improve the stability and mobility of the participant. This stability and mobility will function as a foundation for improving athleticism and reducing the likelihood of injury during competition.



Program Features

- ★ Program integration set up and design with McKinney High School coaching staff
- ★ Orientation of proper movement technique and safety procedures
- ★ Pretest and Posttest evaluation
- ★ Individual/team results and reports
- ★ Prehab activities to address common areas for injury
- ★ Developmentally appropriate strength training program.
- ★ Progressive speed, agility, jump training and conditioning program
- ★ Character development program
- ★ Performance nutrition guidelines
- ★ Mental preparation techniques
- ★ 1:10 instructor to participant ratio in weight room
- ★ Team building / leadership exercises
- ★ Awards

Background

The Performance Course is directed by Geno Pierce, C.S.C.S. In the last 16 years Pierce has trained countless athletes who have moved on to compete in college and even the professional level. As one of the first participants in this unique course, Pierce takes great pride in giving the athlete a program where they can not only improve athleticism, but can learn a lot about themselves and what they are capable of. He is one of the most competent and experienced professionals in the country. The Performance Course is simply the best program of its kind to prepare a player and team to perform.

Staff

The cornerstone to the Performance Course is its positive and energetic staff. The coordinators are professionally credentialed as USA Level I Sport Performance Coaches and or Certified Strength and Conditioning Specialists through the National Strength and Conditioning Association. Many of our counselors have competed as college athletes and participated in the Performance Course themselves. Each staff member is a role model and strives to inspire, motivate, teach and build relationships with the athlete.

Program Information

Cost

\$190 if postmarked by May 1st
\$210 after May 1st

Location

McKinney High School Weight Room

Dates & Days

June 6th - July 29th (M,T,W,Th,F)
* No PC July 4th - July 8th

Course Times

#1 7:00 - 8:00 a.m. *HIGHLY INTENSIFIED*
(Recommended for incoming males grades 10-12)
#2 8:15 - 9:15 a.m.
(Recommended for incoming females grades 6-12)
#3 9:30 a.m.- 10:30 a.m.
(Recommended for incoming males grades 6-9)
#4 5:00 - 6:00 p.m.
(Recommended for all incoming males and females grades 6-12)

No Refunds



Program Information

Location

McKinney High School Weight Room

Dates & Days

June 6th - July 29th (M,T,W,Th,F)
* No PC July 4th - July 8th

Course Times(PLEASE CIRCLE ONE)

#1 7:00 - 8:00 a.m. *HIGHLY INTENSIFIED*
(Recommended for incoming males grades 10-12)
#2 8:15 - 9:15 a.m.
(Recommended for incoming females grades 6-12)
#3 9:30 - 10:30 a.m.
(Recommended for incoming males grades 6-9)
#4 5:00 - 6:00 p.m.
(Recommended for all incoming males and females grades 6-12)

Payment Information

Cost

\$190 if postmarked by May 1st
\$210 after May 1st

T-Shirts

T-shirts may be ordered for \$20
Circle Size: YS YM YL
S M L XL XXL (Adult Sizes)

Quantity & Size(s) _____

Price: _____

T-shirts will be delivered to the participants during the program. Camp tuition and apparel must be paid in full prior to start of camp for participants to receive apparel.

Program Cost: \$ _____

T-Shirt: (+) _____

Total Tuition Owed: \$ _____

Make Checks or Money Order Payable to:

**Performance Course
P.O. Box 882
Allen TX 75013**

No Refunds

**Phone: 214-383-4444
Fax: 214-383-4463
E-mail: genoprc@aol.com
www.performancecourse.com**

**Please return this portion of registration, along with payment. Please complete both sides.*