

REGISTRATION

Name _____
 Address _____
 City _____ State _____ Zip _____
 Email _____
 Home Phone _____ - _____ - _____
 Grade (Fall 2019) _____ 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, and/or guardian of 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 commission), gross negligence, strict liability or other legal fault of PCI.

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 and Video/Photo Release.

Guardian Signature _____

Date _____

Signature must be in place in order for child to participate
 NO REFUNDS



REGISTER ONLINE AT
WWW.PERFORMANCECOURSE.COM

PRE-SORT STD
 U.S. POSTAGE PAID
 ALLEN TX
 PERMIT NO. 551

CURRENT RESIDENT OR:

Name _____
 Address _____
 City _____ State _____ Zip _____
 Email _____

 PO Box 882
 Allen, TX 75013

PRINCETON HIGH SCHOOL



FEMALE
SUMMER 2019



Programs for Improving Athletic Performance

REGISTER ONLINE AT
WWW.PERFORMANCECOURSE.COM



PERFORMANCE COURSE

Performance Course is an unrivaled approach to progressively improving athletic ability. This unique course combines sound, proven strength and conditioning principles with the latest methodologies to give the participant the top athletic performance program in the nation. The athlete can expect significant improvements in their acceleration, deceleration, multi-directional movement, explosive power and functional strength. Improved core stability and functional mobility will be the foundation for this improvement producing a more durable, injury resistant athlete.



PROGRAM FEATURES

- Program integration set up and design with Princeton high school coaching staffs
- Strength training, movement technique and safety orientation
- Prehab activities to address common injuries
- Developmentally appropriate strength training program
- Progressive speed, agility, quickness and conditioning program
- Individual performance evaluation
- Character development
- Athletic performance nutrition guidelines
- Mental preparation techniques
- 1:10 instructor to participant ratio in weight room
- Team building / leadership exercises
- Awards

“Performance Course is an unrivaled approach to progressively improving athletic ability.”



BACKGROUND

Performance Course is owned and operated by Geno Pierce, CSCS. Pierce has been involved in designing and developing programs in school districts throughout Texas for the last 25 years. Performance Course programs have developed numerous district and state champions. Pierce is one of the most respected and experienced professionals in the nation. This experience, coupled with a caring and energetic staff exposes the participant to the top team building program in the nation.



OUR TEAM

The cornerstone of Performance Course is our positive and energetic staff. Site coordinators are professionally certified as USA Level I Sport Performance Coaches and or Certified Strength and Conditioning Specialists (CSCS) through the National Strength and Conditioning Association (NSCA). Each experienced staff member is a role model who strives to inspire, motivate, teach and build relationships with the athlete.

COURSE REGISTRATION

LOCATION

Princeton High School Indoor Facility

DATES & DAYS

June 10 - July 26 *Monday - Thursday*

(Friday Training on 7/12 & 26 to make up for UIL Dead Periods)

**NO PC DURING 7/1 - 10 and 7/22 - 23*

***Due to new UIL "Dead Period" Rules:*

Week of July 8th (training takes place Thur/Fri July 11-12)

Week of July 22nd (training takes place Wed-Fri July 24-26)

COURSE TIMES

9:30AM - 11:00AM *Female*

Recommended for females entering grades 6-12

PAYMENT INFORMATION

Program Cost:

\$175 By May 1

\$195 After May 1

Program Cost \$ _____

T-shirts \$25 each *Mark quantity in size

S_____ M_____ L_____ XL_____ XXL_____ (Adult)

S_____ M_____ L_____ (Youth)

Athletic Shorts \$30 each *Mark quantity in size

S_____ M_____ L_____ XL_____ XXL_____ (Adult)

S_____ M_____ L_____ (Youth)

Athletic Drawstring Bag \$15 Qty_____

APPAREL BY



Total Apparel \$ _____

Total Tuition Owed \$ _____

NO REFUNDS

Please return this portion of the registration, along with payment.

Registration and payment must be submitted for participation.

MAKE CHECKS OR MONEY ORDER PAYABLE TO:

Performance Course

PO Box 882

Allen, TX 75013

Phone: 214-383-4444

Fax: 214-383-4631

info@performancecourse.com



@PCnowisthetime



Like us on FB

**REGISTER ONLINE AT
WWW.PERFORMANCECOURSE.COM**

Course, dates and times can be found at www.performancecourse.com - NO REFUNDS