

**NEXT LEVEL ATHLETE TRAINING CENTER**  
**SPEED & CONDITIONING**  
**WINTER SPORTS CLINICS**

CLINIC HIGHLIGHTS

- Improve Speed & Agility
- Functional Training
- Individualized Instruction
- Stay in Top Condition
- Certified Strength Coaches
- Improve Vertical Jump
- Increase Flexibility
- Reduce Risk of Injury

**8 Week Training Cycles      3-5 days per week      \$249.00**

MAIL TO: Next Level Fitness & Athlete Training Center  
35 Village Plaza Way, North Scituate, RI 02857

***CHECKS PAYABLE TO "Next Level Fitness" \$249.00 (non-refundable)***

Name: \_\_\_\_\_ Sport: \_\_\_\_\_ School: \_\_\_\_\_  
Address: \_\_\_\_\_ Age: \_\_\_\_\_  
Address: \_\_\_\_\_ Tel: \_\_\_\_\_  
Emergency Contact: \_\_\_\_\_ Tel: \_\_\_\_\_  
List Preferred Training Days & Times: \_\_\_\_\_

The program coaches and staff are not responsible for accidents resulting in medical, dental or other expenses. Participants are responsible for property damage and may be sent home without refund for violation of Center rules. I certify that the Participant is in good physical condition to take part in the program. I grant, Next Level Fitness and its agents, permission to seek medical attention for the Participant if, in their judgment, such attention is warranted.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Medical Insurance Company: \_\_\_\_\_ Number: \_\_\_\_\_

Participant's Level: (Check One) Beginner \_\_\_\_\_ Intermediate \_\_\_\_\_ Advanced \_\_\_\_\_