



Youth Training & Sports Performance

Altitude Fitness Youth Programs prepare athletes to get the most out of their bodies by increasing strength, endurance, and flexibility, leading to increased productivity and decreased injury. These clinics are designed for ages 8-17 and bring the same methodology and intensity used with professional athletes to support and prepare high school and youth athletes. Participants receive skilled training in speed, power, conditioning, and flexibility in the form of fun activities and games. Athletes will work with certified coaches to ensure training is done correctly and efficiently.

2018-2019

3 WINTER Sessions Available

Participate in one or all 3!

Programming is designed and adjusted specifically for the participants involved, so they won't be repeating the same program.

Can't commit to a full session due to other activities or conflicts, but still want your child to participate when they can?

"Drop-In" to any class for \$10

****Sign up for two or more sessions and take 10% off your total****

Space is limited, register today!

DECEMBER SESSION: *No class during winter break*

December 4th – December 20th (6 classes)

T/TH: 6:00am – 7:00am.....\$51.00

T/TH: 4:30pm – 5:30pm.....\$51.00

JANUARY SESSION: *No during winter break*

January 8th – January 31st (8 classes)

T/TH: 6:00am – 7:00am.....\$68.00

T/TH: 4:30pm – 5:30pm.....\$68.00

FEBRUARY SESSION:

February 5th – February 28th (8 classes)

T/TH: 6:00am – 7:00am.....\$68.00

T/TH: 4:30pm – 5:30pm.....\$68.00

Please complete and return with your payment to: **Altitude Fitness, 3905 E. Grand Ave, Suite 100 / Laramie, WY 82070**

Athlete's Name: _____ Date of Birth: _____ Grade: _____ Gender: _____

Sports played or interested in: _____

REGISTERING FOR: Please circle all sessions that apply and indicate which time you are registering for.

September Session
6:00am OR 4:30pm

October Session
6:00am OR 4:30pm

November Session
6:00am OR 4:30pm

Parent/Guardian Name(s): _____ Phone: _____

Address: _____ Email: _____

Emergency Contact: _____ Phone: _____ Relationship: _____

I hereby consent that my child will participate in the Altitude Fitness Youth Training Clinic(s), recognizing that there are certain inherent and natural risks in any physical activity, and in consideration of the acceptance of registration, I hereby assume all risks of injury or damage to him/her resulting from participation in Altitude Fitness activities and I hereby release and hold harmless Altitude Fitness, it's owners, employees, volunteers, and agents, either in their individual capacities or by reason of their relationship to Altitude Fitness, from every claim, liability and demand of any kind or injury which might result from participation in Altitude Fitness activities.

Furthermore, I hereby authorize Altitude Fitness to act for me according to their best judgement in an emergency. I hereby authorize emergency transportation of my child to a medical treatment facility should an individual listed above consider it to be warranted. I recognize the possibility of physical injury associated with physical activity, and hereby waive and release Altitude Fitness, and all individuals listed above, from any and all liability for any injuries and illnesses incurred while participating in Altitude Fitness activities. I know of no mental or physical problems which might affect my child's ability to safely participate in Altitude Fitness activities.

I give permission for my child to be photographed and agree that photographs of my child may be used to publicize Altitude Fitness activities.

Parent/Guardian Signature _____ Date _____