

Desert H.E.A.T

Join our elite off-season training and conditioning program. Our workouts will enhance your skills in all of your respective sports as well as increase muscular strength, endurance, speed, flexibility, core strength and stability, agility and cardiovascular endurance. • The off-season conditioning program is run by Pinnacle Fitness and its trainers. • Conditioning is open to all CSHS students. • There will be two sessions. Athletes are encouraged to sign up for both but may do one or the other. • Session I runs M-Th Nov 26-29, Dec 3-6, 10-13 and 17-20 from 2:30-3:30. • Session II run M-Th Jan 7-10, 14-17, 21-24 and 28-31 from 2:30-3:30 • Athletes meet at the CSHS Track. There are a few occasions that we will meet at various locations, TBD. • The cost of the camp is \$150.00 per session or \$275.00 for both sessions if received by November 17th, 2018. All payments made after that are full price. Make checks payable to Pinnacle Fitness LLC. Entry fee and application can be given to Luke Sullivan at Pinnacle Fitness or mailed to Pinnacle Fitness C/O Luke Sullivan at 8900 E. Pinnacle Peak Rd. Suite E6 Scottsdale, AZ 85255 If you have any questions or concerns you can reach us by phone at 480-306-7187 or by email at Luke@pinnaclefitnessaz.com. We look forward to training with you!!

Name: _____ Age: _____ Grade: _____
Email: _____ Cell#: _____
Parent Email: _____ Parent Cell #: _____
What is your primary event in Track & Field: _____

Payment: Cash _____ Check# _____ (Payable to Pinnacle Fitness) Session I: _____ Session II: _____ Both Sessions: _____

Insurance Company: _____ Policy #: _____
Policy Holder: _____
In case of emergency contact: _____

I, _____ give permission for Pinnacle Fitness LLC to seek urgent or emergency medical services for my child _____. I agree to incur all financial liabilities required if care becomes necessary. I understand that Pinnacle Fitness will contact me before care is needed, but in the event I am unavailable, care will be sought without my immediate consent. I give permission for my child to participate in all activities of Pinnacle Fitness between November 26, 2018 and January 31, 2019. I release Pinnacle Fitness from all liabilities, including any injury to my child arising from participation in activities. I agree to indemnify Pinnacle Fitness for any liability due to the child's participation in activities.

Signed: _____ Date: _____

Tee Shirt Size: _____

