



Hockey Performance Training

Summer – 2008

Velocity Sports Performance is a unique sports performance training company designed to assist athletes of all levels to maximize and achieve their athletic goals. Elite performance specialists for this program will work with groups of 10-20 athletes and teach them how to become more explosive, faster, stronger, and more powerful through specific athletic enhancing and career extending training programs.

Why would you need our program? The difference between a good athlete and great athlete can be measured by the quickness of a first step, the grace of a perfectly executed movement, or the ability to compete full-tilt through the final whistle. With our program your players will notice an increase in the following areas:

- *Develop speed with proper movement technique*
- *Increase rotational power, flexibility, and joint mobility for a stronger shot*
- *Increase explosive power, maximize strength and endurance for the 3rd period*
- *Develop flexibility, stability, and proper movement technique through dynamic mobility, prehabilitation exercises and movement analysis*
- *Reduce the likelihood of injury to the hips and lower back*

Training Summary:

- **12 Sessions** (60 minutes each session)
 1. 10 minutes of active, dynamic warm-up that will increase flexibility, stability and reduce the likelihood of injuries.
 2. 30 minutes of speed specific movement (multi-directional, acceleration, or maximum velocity) and energy systems development.
 3. 20 minutes of core strength & development
- **Training Days:**
 - July 14th, 16th, 21st, 23rd, 28th & 30th
 - August 4th, 6th, 11th, 13th, 18th, 20th
- **Times:** 4:00pm – 5:00pm
- **Cost:** \$240 (\$20/hr)

Notes:

- Training is for ages 11-14



Contact **Darin Nelson** or **Zach Seraphine** to register! **763.390.6622**



Athletes Name: _____

Parent (s) Name: _____

Address: _____ City: _____ State: ____ Zip Code: _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____ Email Address: _____

Athlete: M ____ F ____ Birth date: _____ Age: _____

Grade: _____ School/University: _____

Club: _____ Team: _____

Would you like one (1) complimentary semi-private training session for your athlete?

Yes (You can schedule the session while you are at Velocity or we'll contact you at a later date)

As used in this agreement, "Visitor" means the person considering becoming a client or visiting our facility to participate in a special event conducted there; "you" also means the Visitor, but includes the Responsible Party if the Visitor is less than 18 years old; the "Responsible Party" is the Visitor's parent or other adult who is legally responsible for the Visitor; and "we" means the Velocity Sports Performance franchisee that owns the facility. **By signing below, you agree to all the terms and conditions in this agreement and certify that you have read the entire agreement, so please read it carefully.**

1. **1. Waiver and Release.** Visitors and their guests may injure themselves while attending or using our facility or participating in any of our activities, programs, or special events. Visitors and their guests, therefore assume all risk of personal injury, death, property loss, or other damages that may relate to attending or using our facility or participating in any of our programs, activities, or special events. By assuming those risks you and your guests waive, and release, all claims you or your guests may have or may want to assert against us, our affiliates (including our franchisor), representatives (the "VSP Group") for any such personal injuries, death, property loss, or other damages connected to or arising out of any of the aforesaid risks. You and your guests release the present or future, known or unknown, anticipated or unanticipated, resulting from or arising out of activities, programs, or special events, including, without limitation, those arising from our negligence or that of any other member of the VSP Group. You and your guests also release all members of the VSP Group from all liability relating to loss, theft, or damage to personal property—including, without limitation, automobiles and locker contents.

2. **2. Franchise.** We have franchised the right to operate a Velocity Sports PerformanceTM business from Velocity Sports Performance Franchise System, LLC, our franchisor. We are, thus an independently owned and operated business and not an agent, legal representative, subsidiary, joint venture, partner, employee, affiliate, or servant of Velocity Sports Performance Franchise Systems, LLC, for any purpose whatsoever. Accordingly, Velocity Sports Performance Franchise Systems, LLC, has no obligations or liabilities to you under this agreement or otherwise.

3. **3. Miscellaneous.** This contract constitutes the entire legal agreement pertaining to trial visits and any other matters herein discussed and supersedes any other promises, representations, or understanding of any kind whether oral or written. If any provision of this agreement is contrary to, prohibited by, or considered invalid under applicable law, that provision is inapplicable and considered omitted to the extent it is contrary, prohibited, or invalid—but, in such event, the remainder of this agreement is not invalidated must be given full force and effect so far as possible.

Parent/Guardian Signature: _____ **Date:** _____