



4-WEEK ATHLETIC PERFORMANCE TRAINING

August 2nd-25th

Tuesdays & Thursdays 5:30-6:30pm
Grades 6-9

Price:
\$120 (Member)
\$150 (Non-member)

Registration Deadline July 29th, \$10 late fee will be applied after the deadline.

*Limit 12 Participants



Everett Soliz

ACSM Certified Personal Trainer

Master's Degree in Exercise Physiology,
Central Michigan University

Speed & Agility Coach for Michigan
Wolves Hawks

Specialized in Speed & Agility

Join the SportsZone's
Aaron Ciupak
and Everett Soliz
For this awesome, 8-session
athletic training program.

Benefits of Athletic Training include:

- Increased speed.
- Increased agility.
- Improved conditioning.
- Injury prevention.
- Gaining a competitive edge.
- Increased acceleration and power.
- Improved balance and body awareness.
 - Increased flexibility.

Aaron Ciupak

NSCA Certified Personal Trainer

Health Fitness Specialist, Delta College

Specialized in Sports Performance and
Olympic Lifting

Former College Athlete



Questions? Contact Talia at:
989-695-2000 (option 2)

TBrown@freeland-sportszone.com



REGISTRATION

**Athletic Training Program
with Aaron & Everett
August 2022**

Member	or	Non-Member
\$120		\$150

Grade:

Participant Name (Last, First) _____ Male _____ Female _____

Street Address _____ City _____ Zip Code _____

Primary Phone Number _____ Email Address _____

Indicate Any Allergies/Health Concerns/Physical Limitations:

Emergency Contact _____ Relationship to Participant _____

I understand that Freeland Community Sports Association (FCSA) and Tittabawassee Township DDA & it's departments, employees, agents, sponsors, co-sponsors, & contractors assume NO responsibility for any injury that may be suffered by the participant and that the participant assumes all risk, personal injury, loss & damage of property. I fully release from liability and/or damages, FCSA & Tittabawassee Township DDA and all of its parties from injury or damages on behalf of our child and/or ourselves. In case of emergency I give my consent to emergency medical treatment

Signature _____

Additional Notes: