



**SUMMIT
LACROSSE!**
Peak Performance Training

2015 Winter Session January 10 - Feb 28th

Be aware that somewhere out there is a lacrosse player that is practicing every day. This player is busting their butt to improve their game. When you meet this player on the field, face-to-face, they are going to beat you...they're going to beat you every time unless that someone spending countless hours practicing is you.

You need to use the "off-season" to work your weak hand, to run the hill and to practicing ripping the corners. Give it everything you've got, every day and when you feel tired, or you feel like quitting, ask yourself just one simple question...
Is the other guy going to quit?

Tweeting, updating your Facebook status or pounding Oreo Cookies and slurping Mountain Dew slushies will not help you dominate the competition. If you are looking to take your game to the top, if you want to attain peak performance, if you want to reach the SUMMIT of excellence now is the time to start getting ready for the 2013 lacrosse season!

SUMMIT LACROSSE! Peak Performance Training
High Intensity Speed, Agility, Strength and Conditioning

- **When - January 10th - Feb 28th (8 Classes) Sunday Afternoon 3-4pm**
- **Where - Dover Dragons TKD - 4092 Carlisle Rd, Dover, PA 17315**
- **This training is open to boys and girls lacrosse players U11 through High School**

\$85 for 8 sessions
\$75 if paid by Dec 21st (Early Bird Special)

Participants name: _____ Participants Age: _____

Phone Number: _____ Email: _____

USLacrosse # _____ Expiration Date: _____

(PLEASE READ AND SIGN THE WAIVER INFORMATION ON THE BACK OF THIS SHEET)

**Please mail checks (made out to Sarah Kistner) and the completed paperwork to...
Dover Dragons, 4092 Carlisle Rd., Dover, Pennsylvania or email a signed copy of the
paperwork to Summitlacrosse2015@gmail.com by January 6th**

*******No refunds*****We can offer make up classes if needed**

Please Call Sarah @ 717-434-3471 with any questions or concerns

Visit us on Facebook and Instagram SUMMITLACROSSE1for photos and updates!

SUMMIT LACROSE! Peak Performance Training Use only (Paid: Date _____ Cash / Check)

WAIVER OF LIABILITY FOR LACROSSE TRAINING

I/We hereby understand and acknowledge that the training, programs and events held by SUMMIT LACROSSE! May expose me to many inherent risks, including accidents, injury, illness, or even death.

I/We assume all risk of injury associated with participation including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and all other such risks being known and appreciated by me.

I/We hereby acknowledge my responsibility in communicating any physical and psychological concerns that might conflict with participation in activity. I/We acknowledge that I am physically fit and mentally capable of performing the physical activity I choose to participate in.

After having read this waiver and knowing these facts, and in consideration of acceptance of my participation with SUMMIT LACROSSE! Peak Performance Training, I agree, for myself and anyone entitled to act on my behalf, to **HOLD HARMLESS, WAIVE AND RELEASE** SUMMIT LACROSSE! Peak Performance Training, Pete Anstadt, Bob Kistner, Sarah Kistner, Dover Dragons, their officers, agents, employees, organizers, representatives, and successors from any responsibility, liabilities, demands, or claims of any kind arising out of my participation in the SUMMIT LACROSSE! training, programs and/or events.

By my signature I/We indicate that I/We have read and understand this Waiver of Liability. I am aware that this is a waiver and a release of liability and I voluntarily agree to its terms.

Participant's Name (Please Print): _____ Date: _____

Participant's Signature: _____ Date: _____

In case of emergency, contact: _____ Phone: _____

(Parent's signature if under 18 years of age)

I have legal capacity and authorize to act on behalf of the minor named herein.

Parent/Guardian Signature: _____ Date: _____