

Registration

Name _____
 Address _____
 City _____ State _____ ZIP _____
 Email _____
 Home Phone: _____
 Grade (Fall 10) _____ Gender _____
 Emergency Contact: _____
 Emergency Phone: _____

Release of Liability
 I hereby waive and release for myself and my heirs, any and all rights or claims I may have against the Performance Course Inc., any affiliates or subdivisions of Performance Course Inc., any school of facility in which Performance Course are conducted, and each of their respective agents, employees, servants, officers, directors, and representatives, for injury or illness arising out of or in anyway connected with my participation in the Performance Course. I further agree to indemnify and hold harmless of each said persons or property which may arise by virtue of my participation in the Performance Course. I understand there are certain risks and dangers associated with all activity involved in the Performance Course and the use of the facility. Injuries can and do occur during Performance Course. I hereby grant permission for trainers, doctors and their designees to administer appropriate medical care, antignens or injuries, and to perform emergency procedures as necessary.
 Performance Course (PC) provides student insurance coverage free of charge for all of our students who are involved in Performance Course. This coverage is secondary to any coverage that you may have. You must file on your primary policy first, pay any deductible and then the Performance Course policy second. Once your primary insurance has been paid, then the remaining expenses, up to the maximum benefits allowed, will be paid by the secondary policy. If you do not have primary insurance coverage, the PC insurance will only pay the maximum benefits allowed. There is no guarantee that all medical expenses will be covered. You are responsible for any remaining expenses left uncovered or unpaid. Signing the guardian signature states that you understand and agree to the terms of the release of liability and the secondary insurance coverage.

Guardian Signature _____
Date _____

***Signature must be in place in order for child to participate.

Cost
 \$200 if postmarked by May

Location
 Marcus High School Indoor Athletic Complex (IAC)

Dates & Days

June 14th - August 5th

M,T,W,TH

* No Performance Course July 5th - 9th

Course Times(circle one)

#1 7:00 a.m. - 8:45 a.m.

Highly Intensified

(Recommended for all males entering grades 11-12)

#2 9:00 am. - 10:30 a.m.

(Recommended for all males entering grades 9 & 10)

#3 10:45 a.m. - 12:15 p.m.

(Recommended for all males entering grades 6 - 8)

#4 12:30 p.m. - 2:00 p.m.

(Recommended for all females entering grades 6-12)

Name: _____
 Address: _____
 City: _____ State: _____ ZIP: _____



P.O. Box 882
 Allen TX 75013

NO SHORTCUTS TO THE TOP!



**SUMMER 2010
 PERFORMANCE COURSE
 SUMMER PRIDE**

Program for Improving Athletic Performance



214-383-4444

WWW.PERFORMANCECOURSE.COM

Boys
 Basketball

No Refunds

Performance Course

The Performance Course is a unique program designed to progressively improve athletic ability. Combining cutting edge technique with carefully applied strength and conditioning principles the athlete can expect significant improvements in their acceleration, deceleration, multi-directional movement, explosive power and functional strength.

Each course is developmentally appropriate and strives to improve the stability and mobility of the participant. This stability and mobility will function as a foundation for improving athleticism and reducing the likelihood of injury during competition.



- ★ Program integration set up and design with Marcus High School coaching staff
- ★ Orientation of proper movement technique and safety procedures
- ★ Pretest and Posttest evaluation
- ★ Individual/team results and reports
- ★ Prehab activities to address common areas for injury
- ★ Developmentally appropriate strength training program.
- ★ Progressive speed, agility, jump training and conditioning program
- ★ Character development program
- ★ Performance nutrition guidelines
- ★ Mental preparation techniques
- ★ 1:10 instructor to participant ratio in weight room
- ★ Team building / leadership exercises
- ★ Awards

Background



The Performance Course is coordinated by Geno Pierce, C.S.C.S. In the last 15 years Pierce has trained countless athletes who have moved on to compete in college and even the professional level. As one of the first participants in this unique course Pierce takes great pride in giving the athlete a program where they can not only improve athleticism but can learn a lot about themselves and what they are capable of. He is one of the most competent and experienced professionals in the country. The Performance Course is simply the best program of its kind to prepare a player and team to perform.

Staff

The cornerstone to the Performance Course is its positive and energetic staff. The coordinators are professionally credentialed as USA Level I Sport Performance Coaches and or Certified Strength and Conditioning Specialists through the National Strength and Conditioning Association. Many of our counselors have competed as college athletes and participated in the Performance Course themselves. Each staff member is a role model and strives to inspire, motivate, teach and build relationships with the athlete.

Program Information

Cost

\$200 if postmarked by May 10th

\$220 after May 10th

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(Recommended for all females entering grades 6-12)

No Refunds



Payment Information

Program Cost

\$200 if postmarked by May 10th

\$220 after May 10th

T-Shirts

T-shirts may be ordered for \$20

Circle Size: YS YM YL

S M L XL XXL (Adult Sizes)

Quantity
and Additional Sizes _____

Price: _____

T-shirts will be delivered to the participants during the program.
Camp tuition and apparel must be paid in full prior to start of camp
for participants to receive apparel.

Program Cost: \$ _____

T-Shirt: _____

Total Tuition Owed: \$ _____



www.performancecourse.com

Make Checks or Money Order Payable to:

Performance Course

P.O. Box 882

Allen TX 75013

No Refunds

Phone: 214-383-4444

Fax: 214-383-4463

E-mail: genoprc@aol.com

www.performancecourse.com