



## Kelly's High School Performance Camp

**60 Minute High-Intensity Sport-Specific Camp**  
Improve power, speed, agility, strength, endurance and flexibility.

- Plyometrics
- Ladders
- Hurdles
- Kettlebells
- Agility Competitions
- Core Strengthening
- Hill Sprints

**DAYS:** Tuesday, Thursday and Saturday  
**TIME:** 4:00 pm  
**LOCATION:** A2O Fitness  
511 Americana Blvd.  
Boise 83702  
**COST:** \$60 per week

Kelly Gilchrist is a certified personal trainer who played 4 years of collegiate football in addition to playing with the Boise Burn. His experience as a speed coach for high school and collegiate athletes is a valuable asset for training today's competitive high school athletes. For more information on Kelly, visit [www.KellyGFit.com](http://www.KellyGFit.com).





**KELLYGFIT**

**Registration Form**

**Kelly's High School Performance Camp**

**At**

**A<sub>2</sub>O**  
fitness

**511 Americana Boulevard**

**Boise, Idaho 83702**

**(208)344-5377**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

High School: \_\_\_\_\_ Sports you participate in: \_\_\_\_\_

Home address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email address: \_\_\_\_\_

Best contact phone number: \_\_\_\_\_

Alt phone number: \_\_\_\_\_

**Please check one payment option:**

\_\_\_\_ Pay at the door weekly \$60/week prior to start of camp

**Please circle the week(s) you wish to participate** *(space limited to 10 per camp):*

Beginning **4/4 Free Camp**, 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 5/25, 6/1, 6/8, 6/15, 6/22, 6/29, 7/6, 7/13, 7/20, 7/27.





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 Boise, Idaho 83702  
 (208)344-5377

## WAIVER OF LIABILITY

BECAUSE PHYSICAL EXERCISE CAN BE STRENUOUS AND SUBJECT TO RISK OF SERIOUS INJURY, WE URGE YOU TO OBTAIN A PHYSICAL EXAMINATION FROM A DOCTOR BEFORE USING ANY EXERCISE EQUIPMENT OR PARTICIPATING IN ANY EXERCISE ACTIVITY. YOU AGREE THAT BY PARTICIPATING IN PHYSICAL EXERCISE OR TRAINING ACTIVITIES, YOU DO SO ENTIRELY AT YOUR OWN RISK. ANY RECOMMENDATION FOR CHANGES IN DIET INCLUDING THE USE OF FOOD SUPPLEMENTS, WEIGHT REDUCTION AND/OR BODY BUILDING ENHANCEMENT PRODUCTS ARE ENTIRELY YOUR RESPONSIBILITY AND YOU SHOULD CONSULT A PHYSICIAN PRIOR TO UNDERGOING ANY DIETARY OR FOOD SUPPLEMENT CHANGES. YOU AGREE THAT YOU ARE VOLUNTARILY PARTICIPATING IN THESE ACTIVITIES AND USE OF THESE FACILITIES AND PREMISES AND ASSUME ALL RISKS OF INJURY, ILLNESS, OR DEATH. **A2O FITNESS, INC.** AND ITS TRAINERS ARE ALSO NOT RESPONSIBLE FOR ANY LOSS OF YOUR PERSONAL PROPERTY.

YOU ACKNOWLEDGE THAT YOU HAVE CAREFULLY READ THIS ""WAIVER OF LIABILITY"" AND FULLY UNDERSTAND THAT IT IS A RELEASE OF LIABILITY. YOU EXPRESSLY AGREE TO RELEASE AND DISCHARGE THE TRAINER OR INSTRUCTOR AND THIS FACILITY, ITS OWNERS, DIRECTORS, OFFICERS AND EMPLOYEES FROM ANY AND ALL CLAIMS OR CAUSES OF ACTION AND YOU AGREE TO VOLUNTARILY GIVE UP OR WAIVE ANY RIGHT THAT YOU MAY OTHERWISE HAVE TO BRING A LEGAL ACTION AGAINST THE TRAINER OR INSTRUCTOR OR FACILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE.

TO THE EXTENT THAT STATUTE OR CASE LAW DOES NOT PROHIBIT RELEASES FOR NEGLIGENCE, THIS RELEASE IS ALSO FOR NEGLIGENCE  
 IF ANY PORTION OF THIS RELEASE FROM LIABILITY SHALL BE DEEMED BY A COURT OF COMPETENT JURISDICTION TO BE INVALID, THEN THE REMAINDER OF THIS RELEASE FROM LIABILITY SHALL REMAIN IN FULL FORCE AND EFFECT AND THE OFFENDING PROVISION OR PROVISIONS SEVERED HERE FROM.

BY SIGNING THIS RELEASE, I ACKNOWLEDGE THAT I UNDERSTAND ITS CONTENT AND THAT THIS RELEASE CANNOT BE MODIFIED ORALLY.

THIS FORM WILL REMAIN ON FILE FOR THE DURATION OF YOUR TRAINING WITH **A2O FITNESS, INC.** A COPY CAN BE PROVIDED TO YOU FOR YOUR RECORDS UPON REQUEST. THIS FORM CAN ONLY BE RELEASED TO A THIRD PARTY WITH YOUR EXPRESSED WRITTEN CONSENT.

Client Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent or Legal Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Trainer's Signature \_\_\_\_\_ Date \_\_\_\_\_