



CAMP XPLODE

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

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

DAYS: Saturday, April 4th, 2009
TIME: 10:00 or 11:00 a.m.
LOCATION: A2O Fitness
511 Americana Blvd.
Boise 83702
COST: **FREE!**

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.





KELLYFIT

Registration Form

CAMP XPLODE

Free High-Intensity Sport-Specific Camp

At



511 Americana Boulevard

Boise, Idaho 83702

(208)344-5377

Last Name: _____ First Name: _____

High School or Club: _____ Sports you participate in: _____

Home address: _____

City: _____ State: _____ Zip Code: _____

Email address: _____

Best contact phone number: _____

Alt phone number: _____

Please check the camp you wish to participate *(space limited to 10 per camp):*

_____ Saturday 4/4 11:00

_____ Saturday 4/4 10:00





511 Americana Boulevard
 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 _____