



Olympia - A.S.A. Camp Schedule 2011

Please complete the following to register for A.S.A. Training at Olympia 2011

**I will be attending Olympia during the following session(s)
and would like to add A.S.A. training to my program.**



- Session 1 - July 3-9 List Sport: _____
- Session 2 - July 10-16 List Sport: _____
- Session 3 - July 17-23 List Sport: _____
- Session 4 - July 24-30 List Sport: _____
- Session 5 - July 31- Aug 6 List Sport: _____
- Session 6 - Aug 7-13 List Sport: _____
- Session 7 - Aug 14-20 List Sport: _____
- Session 8 - Aug 21-27 List Sport: _____
- Session 9 - Aug 28-Sept 3 List Sport: _____

2011 CAMPER INFORMATION

Camper's Last Name: _____ Camper's First Name: _____

Address: _____ City: _____

Prov: _____ Postal Code: _____ Phone: _____ Alternate Phone: _____

Male Female Birthdate mm/dd/yy: ___/___/___ Age at Camp: _____

School: _____ Grade: _____

Health Card #: _____

Email: _____

FAMILY / GUARDIAN INFORMATION

Name of Guardian: _____

Address: _____ City: _____

Prov: _____ Postal Code _____ Phone: _____

Alternate Phone: _____ Email _____

Requires tax receipt

FEES / CANCELLATION POLICY

Fee: for 4 hour optional in-depth A.S.A. "Athletic Conditioning Program" at Olympia: Regularly \$40 - Olympia campers save 50% NOW Only \$21.00 (HST Included). Payable by cheque or credit card. Please fax this application to Olympia.: Fax 905-479-9313
 Mail cheques, along with application to: Olympia Sports Camp, 145 Renfrew Dr. Unit 12, Markham, Ontario L3R 9R6
 For more information, contact Farell at info@farelld.com
 Cheques are payable to **A.S.A.**

Payable by credit card: Visa MasterCard

Card Number: _____ Exp. Date: _____

Name of Card Holder: _____

Cancellation Policy: Up to June 1st your fee is refundable less \$10. No refunds after June 26th.

WAIVER FORM

I desire my child to participate in A.S.A.'s "Athletic Conditioning Program". I agree that having taken such precautions as in your discretion are deemed advisable, you shall not be held responsible for any sickness or accident to my child. Parents are therefore reminded to see that their son/daughter is covered under their own Sickness and Accident Insurance plans available at minimum cost throughout the year. If for any reason my child requires medical attention beyond that furnished by the camp, I agree to be responsible for any expenses incurred. Permission is given to use photos or video excerpts of campers which may appear in A.S.A. / Olympia's brochures or other advertising.

Signature of Parent or Guardian: _____

Date: _____

OPTIONAL A.S.A. "ATHLETIC CONDITIONING PROGRAM" AT OLYMPIA

OPTIONAL PROGRAM: **A.S.A. AT OLYMPIA SPORTS CAMP 2011**



Though Olympia strongly feels this **Special 4 hour A.S.A. "ATHLETIC CONDITIONING PROGRAM"** described below is of great value to any camper who takes it – this is strictly an **Optional Program**. There is no obligation on any registered Olympia camper to take this 'add-on' program.

This program is an additional 4 hours of Athletic Conditioning during a camper's free time for 1 hour each day Monday-Thursday 10:30 – 11:30 a.m. or 3:30 – 4:30 p.m. Again, this is strictly for those campers who choose to sign up for it. Most campers will receive a free introduction to Athletic Conditioning as part of their regular 5-6 hours of daily instruction that takes place 8:45 – 10:30 a.m., 1:30 – 3:30 p.m., 6:30 – 8:30 p.m.

THE A.S.A. "ATHLETIC CONDITIONING PROGRAM"

ARE YOU READY TO ACHIEVE YOUR ATHLETIC & FITNESS DREAMS?

The A.S.A.'s "Athletic Conditioning Program" will show you how to: Improve your sports performance **by getting Stronger, running Faster, jumping Higher, moving Quicker, being more Agile.**

Improve your fitness by improving your cardio, increasing your strength, and learning about proper nutrition.

TRAIN LIKE A PRO! FEEL GREAT!

What is A.S.A. & the Athletic Conditioning Program?

The "Athletic Conditioning Program" includes a training program designed specifically by the A.S.A. for youth to enhance their athletic skills and their fitness level. Used by many professional athletes and fitness leaders, this training will help you: perform your sport specific skills with greater speed, power, strength, quickness and agility; increase your fitness level, improve your stamina, confidence and self-esteem.

We are pleased to partner with Olympia to provide you with in-depth instruction on taking your game and health to the next level.

This extra 4 hours of in-depth Athletic Conditioning will be given by the same Certified A.S.A. trainer who is introducing the A.S.A. "Athletic Conditioning Training" to Olympia campers during their regular instruction time. See other side for application details.

DREAM BIG! TRAIN HARD!



Enhance your Olympia Experience! Enhance your athleticism! Enhance your health!

SPEED... Learn the techniques used by the pros to dramatically increase your speed

STRENGTH... An introduction to age appropriate weight training and strength development

POWER... Be more explosive, jump higher by learning Progressive Plyo techniques

QUICKNESS... Increase your foot speed, stop-and-go and ballistic reaction

AGILITY... Learn to better move your body in space and improve your balance and coordination

**A.S.A. Sports & Athletic Conditioning is for YOU! SIGN UP TODAY!
Dream Big! Train Hard! with Olympia and The A.S.A.!**

Email: info@farelld.com • Website: www.farelld.com