

BEAST CAMP

Train the 5 components essential to excel in all sports:

BALANCE EXPLOSIVENESS ACCELERATION STRENGTH TECHNIQUE

WHO: Boys & Girls ages 10-14

WHERE: Sportsplex 1225 Civic Field Way, Bellingham, WA 98229

WHEN: Tuesdays and Thursdays 6:30pm – 7:45pm September 8TH – October 27TH *No class Oct. 20th

COST: \$115.00 for 14 training sessions. Class size is limited to 20

INSTRUCTOR: Ed Deboo, Physical Therapist, Owner Integrative Physical Therapy

FOR MORE INFORMATION: Contact Ed at ed@integrativephysicaltherapyservices.com or call **360.715.8686**

Space is limited so please sign up early!

REGISTRATION (please print clearly)

Name: _____ Phone: _____ Age: _____ Grade: _____

Address: _____ City: _____ Zip: _____

MAKE CHECKS PAYABLE TO: Integrative Physical Therapy Services
2114 James St
Bellingham, WA 98225

RELEASE FORM – Must be signed to participate.

Release: This is a legally binding Release of Liability made voluntarily by me, the undersigned Releasor, on my own behalf, and on the behalf of my heirs, executors, administrators, and legal representatives. I know of no medical or physical problems that may affect my ability to participate safely in this camp. I authorize the director and staff to act in their best judgment in any emergency requiring medical attention. The undersigned hereby grants to the Releasees permission to use the image, likeness and voice of participants to be used for instructional and promotional uses, including, but not limited to, television, internet and print advertising and promotion. Parents and guardians accept these provisions by their consenting signature.

Parent or Guardian Signature: _____ **Phone (Home):** _____

Participant Signature: _____ **Phone (Work):** _____