

# REAL TRAINING

## Indoor Track Season is Here

2 days per week/ (Dec 11th – Feb 12<sup>th</sup>)

@ Bach Field House on the CU Boulder Campus (Indoor Track)

Mondays and Wednesdays @ 6:00pm – 7:30pm

(Price = \$695)/ 17 Sessions

Additional cost (+) Meet Cost (+) USATF Membership (+) Singlet (jersey)

To register for a USATF membership, go to [www.usatf.org](http://www.usatf.org) be sure to sign up as a REAL Training Club #32-0306

Come and join us for our Annual "Indoor" Track Season. Your ticket to getting a head, staying in shape and having fun in the process. Our indoor track program is designed to get you faster, increase your fitness levels, and increase your overall awareness, acceleration, deceleration (putting, on the brakes), mobility (flexibility), and injury prevention. Get ready for a great time.

### Meets

School of Mines HS Meets: Nov 30, Dec 6 Jan 18, 25 high school only

USATF Meets: Jan 7,14,21,28 all ages optional for high school kids

Air Force High School Meet: Feb 2-3 high school only

Great Southwest Meet Feb 10 New Mexico for high school

### December Sessions:

11th,

### January Sessions:

3rd, 8th,10th,17th,22th,24th

.29th,31<sup>st</sup>

### February Sessions:

5th, 7th,12th,14th

### What you will need:

- A good attitude
- Flats or shoes that you can run in
- Wear loose athletic clothing
- Bring a Water Bottle
- A willingness to learn

Late Practices will be on the following Monday dates.

Jan: 22, 29th,

Feb: 5<sup>th</sup>, 12<sup>th</sup>

From 7:30 -9pm

Each player will learn take home skills they can practice on their own and with their team to become the best they can be.

Please complete and sign the entire form below - Pre-registration required - All payments with the form below must be received by **Dec 5th, 2017**

Athlete's Name \_\_\_\_\_ Age \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Parent's Name \_\_\_\_\_ Phone \_\_\_\_\_ Cell \_\_\_\_\_

Email Address \_\_\_\_\_

Street \_\_\_\_\_ Town \_\_\_\_\_ Zip \_\_\_\_\_

Please include your check for \$695 made out to REAL Training

For and in consideration of the Athlete, \_\_\_\_\_, for whom I, \_\_\_\_\_ (Name), am the legal guardian of, being accepted into, I state and promise as follows: My child is mentally and physically capable of participation in all training. My child's participation is voluntary and I voluntarily permit my child to participate. My child's participation in training is an inherently dangerous activity and that the risk of participation include, but are not limited to, falls, collisions, cuts, broken bones, strains, torn ligaments, concussion and while highly unlikely, possible death. I hereby, for myself, my child, our heirs, administrators, executors, personal representatives and assigns, forever waive, release and discharge any and all rights to claims for damages and losses, whether monetary or otherwise compensatory, that I or my child may have against: (i) REAL Training, LLC and its directors; (ii) executive directors, owners, managers, officers, employees, members, representatives, and agents; (iii) all coaches, participants, organizers, supervisors, planners, and volunteers; and (iv) all city, county and state governments for any and all injuries sustained by me or my child arising out of association with, entry in, or participation in the training and any and all training activities. REAL Training recommends that your child be examined by his/her physician before participation in any and all training activities. I hereby approve of my child's participation with REAL Training.

Champion's Name \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

[www.realtrainingcolorado.com](http://www.realtrainingcolorado.com)