

## IHA FITNESS & PERFORMANCE

- SAFE
- EFFECTIVE
- FUN

is designed to **prepare youth female athletes of all sports** for the physical demands of their sport in a fun and an effective way.

We believe in developing fitness and athleticism that enhances **sport performance and motor skills, helps prevent injuries and promotes a healthy life.**

IHA Fitness & Performance Coach Tommi Paavola has developed a specific strength program with IHA athletes and their sports in mind.

# IHA SUMMER STRENGTH

**Summer strength training for IHA athletes in July 2018**



## 10 SESSIONS TOTAL

- July 10<sup>th</sup> Tuesday 10am or 6pm
- July 12<sup>th</sup> Thursday 10am or 6pm
- July 13<sup>th</sup> Friday 10am
- July 17<sup>th</sup> Tuesday 10am or 6pm
- July 19<sup>th</sup> Thursday 10am or 6pm
- July 20<sup>th</sup> Friday 10am
- July 24<sup>th</sup> Tuesday 10am or 6pm
- July 26<sup>th</sup> Thursday 10am or 6pm
- July 27<sup>th</sup> Friday 10am
- July 31<sup>st</sup> Tuesday 10am or 6pm



## Summer strength for \$250

You can also pay \$30 per session if you can't commit to all 10 sessions. We have a morning **or** evening session available on Tues/Thursdays.

We are not able to refund any payments after July 10<sup>th</sup> even if an athlete misses sessions.

### CONTACT PERSON

Coach Tommi Paavola  
Call: 201-675-1165  
Email: [tpaavola@ihanj.com](mailto:tpaavola@ihanj.com)

### LOCATION

IHA Fitness Center  
500 Van Emburgh Avenue  
Washington Township, NJ

### PAYMENT DUE BY JUNE 29<sup>th</sup>

Please, make the check to Discover Movement LLC and send to  
Tommi Paavola  
48 Minnehaha Blvd  
Oakland NJ 07436

*"Strength helps improve speed, power and endurance. Strength training is a great investment of time and energy for a young female athlete"*  
Coach Tommi Paavola

Parent Name\*

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Athlete Name\*

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Athlete D.O.B. and grade\*

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Address\*

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Email address\*

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Home phone\*

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Cell phone

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### WAIVER & ASSUMPTION OF RISK

Because Physical exercise can be strenuous and subject to risk of serious injury, **Discover Movement LLC** urges you to obtain a physical examination from your child's doctor before participating in any exercise activity. You agree that if your child engages in any physical exercise or activity, you do so entirely at your own risk. You agree that your child is voluntarily participating in these activities and assume all risk of injury, illness, damage or even death, or loss by theft of any personal property. You expressly agree to release and discharge **Discover Movement LLC** and all affiliates, employees, agents, representatives, successors, or assigns, from any and all claims or causes of action.

This waiver and release of liability includes, without limitation, all injuries to your child, which may occur, regardless of negligence, as a result of (a) your child use of any equipment, and products, (b) the sudden unforeseen malfunctioning of any equipment, (c) our instruction or supervision, and (d) your child slipping and or falling while performing exercises or activities.

You acknowledge that you have carefully read this waiver and fully understand that is a release of liability. You agree to voluntarily give up any right that you may otherwise have to bring a legal action against the facility, school or Discover Movement LLC for negligence, or any other personal injury or damage.

Child Name \_\_\_\_\_

Parent Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

(parent's signature if the child is under 18 years old)