



Summer Strength and Conditioning Training

Southside Ice Arena

2007s: Monday/Wednesday/Friday 4-5pm

2008s: Monday/Wednesday 5-6pm, Friday 4-5pm

June 7th - August 13th, No July 5th

Cost: All dates \$250 (\$8.50/ day), Mondays and Wednesdays ONLY (\$200)

Limited space!! Sign up now to reserve you spot!

Name _____ DOB _____ Team _____

Address _____ City _____ Zip _____

Phone (H) _____ (C) _____

Parent's Names _____ E-mail _____

Emergency Contact _____ Phone _____

Circle your selected package: Mon/Wed Only OR Mon/Wed/Fri

Mail to: Gagneau Performance Training
566 100th St SW
Byron Center, MI 49315

Make check to: Gagneau Performance Training
Questions: Call/Text 734-255-8194
Email: Gagneaupercetraining@gmail.com

Liability Waiver

I, _____, parent/guardian of _____, participant, hereby
(parent name) (player name)
recognize that participation in the sport of ice hockey or ice skating can be hazardous, even dangerous, and can result in minor or serious injury, even death. For these reasons, I hereby acknowledge that I understand the risks involved in skating and hockey, and, should a medical emergency arise, I grant full authorization for medical treatment to the 911 Emergency Staff on call. By signing this waiver, I also agree that in no way will I hold Southside Ice Arena, Gagneau Performance Training, Kyle Gagneau, or any other professional instructors liable for any such injuries should they occur. I have fully read this waiver and I acknowledge a complete understanding of it's contents.

Signed _____

Date _____