



SPORTS PERFORMANCE PROGRAM

Speed and power for athletes!

Starts September 13th
Mondays and Wednesdays

2:45 - 3:45PM | HIGH SCHOOL ONLY

OR

4:00 - 5:00PM | MIDDLE / HIGH SCHOOL

Monthly Rate \$155

Have a Team you want to bring in? Or if you wish to customize your own days/times...Reach out to Melissa Huntington, Fitness Director - melissahkcm@gmail.com

FORGET ALL YOUR EXCUSES.

- Improve your speed, quickness & agility
- Become stronger & more powerful
- Learn proper technique & mechanics
- Recovery & injury prevention
- In-season & off-season workouts
- Compete with more confidence
- Work hard and have fun!

Are you ready to become an all-around better athlete? Our Sports Performance Program offers athletes of all levels the opportunity to hit the turf and train with our team of highly-trained sports performance coaches.

Registration Form - Sports Performance Program

Participant _____

DOB _____

Address _____

Email _____

Cell Phone _____

Emergency Contact _____

Cell Phone _____

Member Status: Member | Non-Member

Payment (circle one): House Charge (members only)

Check (make check out to: Kingsbury Club Medfield)

Credit Card (circle one):

Visa/Mastercard/

Amex/Discover

Card Number _____

Expiration Date _____

The Kingsbury Club Medfield reserves the right to photograph program participants for publicity and marketing purposes only, in print or electronic media

Signature _____

Parent's Signature (if participant is under 18 years old) _____

Date _____