



Strength 1&2 Long Course 2018

Who: Senior Division Athletes with prerequisites for levels 2 and 1

Purpose and goals:

- Develop a foundation of strength that is appropriate and translatable to the sport specific needs in the water.
- Deepen the athletes understanding of body awareness, mental focus, and how the little skills greatly impact the bigger skills.
- Create an environment to enable the growth of confidence through skill acquisition, progression, and athleticism.

Curriculum:

- The curriculum of both strength 1 and 2 are very similar, with the main difference being the number of sets and reps for main exercises. Athletes with greater mental focus and physical discipline will be able to reduce the number of repetitions and therefore push their personal level of intensity.
- Strength 2 will focus on our 4 core lifts while gaining knowledge and repeatability in compound lifts. Each core lift is broken down into secondary lifts and drills to enable the progression of knowledge and understanding, translating to better core lifts.
- Strength 1 will have a focus on our 4 core lifts while having a large emphasis on compound/olympic lifts. Compound lifts involve an understanding of timing, acceleration, and momentum, making them much more demanding of the mind and body. Two major benefits to compound lifts are improved intermuscular coordination and improved movement efficiency.

When:

- May 1 - June 8
 - Strength 1 - Tuesday & Thursday 3:00-4:00 pm
 - Strength 2 - Monday 5:15-6:15 am & Saturday 2:00-3:00 pm
 - Strength 1 & 2 combo for schools starting later - Monday & Friday 6:15-7:15 am
- June 11 - July 31
 - Strength 1: Tuesday: 1:00-2:00 pm & Thursday: 2:00-3:00 pm
 - Strength 2: Tuesday: 2:15-3:15 pm & Friday: 2:15-3:15 pm

Cost:

The program is scheduled to have 26-28 training sessions depending on end of season meets. We will have two options for payment and participation. Our preference is that athletes sign up and complete the entire program as this program is curriculum based and builds upon previous weeks of training.

1. Flat fee of \$250 for entire program
2. \$15 per visit billed at the end of each month

Make-Ups:

VOLO is able to accomodate make-ups for missed sessions on a case by case basis.



Contact Information

Athlete: _____

Athlete Birthdate: _____

Parent/Guardian Name: _____

Primary Contact Number: _____

Emergency Contact Name: _____

Emergency Contact Number: _____

Street Address: _____ City: _____ Zip: _____

Primary Contact Email (for invoices and communication): _____

Youth Participation Waiver

WAIVER AND RELEASE

I am applying for my child to participate in the VOLO MultiSport athletic training program and related activities (collectively "Training") being fully aware that the Training involves risks. I accept all the risks of my child participating in the Training. Risks of the training include, without limitation, risks of cycling, running, swimming, triathlon, duathlon, physical exertion, training and competing in large groups of people in which a person may be knocked down and fallen on, motor vehicles, and road and surface conditions.

Please read this form carefully and be aware that in signing up for and participating in training, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for bodily injuries or death, damages or loss to property which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with VOLO MultiSport programs/activities/training (including transportation services/vehicle operation, when provided). I recognize and acknowledge that there are certain risks of physical injury to participants in these programs/activities/training, and I voluntarily agree to assume the full risk of any and all bodily injuries or death, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims against VOLO MultiSport, including its owners, managers, members, coaches, partners, contractors, volunteers and employees (hereinafter collectively referred as "VOLO MultiSport"), and Mecklenburg Aquatic Club Inc. (d/ba SwimMAC) (including its directors, members, employees, and volunteers hereinafter collectively referred to as SwimMAC), which I or my minor child/ward may have (or that accrue to me or my child/ward) as a result of participating in programs/training activities. I do hereby fully release and forever discharge VOLO MultiSport and SwimMAC from any and all claims for injuries, damages, or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward arising out of, connected with, or in any way associated with these programs/activities/training. I agree to abide by the rules of VOLO MultiSport in any of its training sessions. I acknowledge that, if my child violates any of these rules, they may be removed from the training session and the permission for them to participate in the training session may be withdrawn by representatives of VOLO MultiSport. Others may violate the rules of the sessions, adding to the risks of participation. I agree to indemnify (reimburse for any loss) and hold harmless VOLO MultiSport and SwimMAC from any loss or liability (including any reasonable attorneys fees they may incur) defending any Claim made by me or by anyone



making a Claim on my behalf, even if the Claim is alleged to result from the carelessness or negligence of VOLO MultiSport or anyone else. I intend that this document act as the broadest and most inclusive assumption of risk, waiver, release of liability, agreement not to sue, and indemnity as is permitted by the laws of North Carolina. If any portion of it is held to be invalid, I agree that the rest of it shall continue in full force and effect. I agree that this agreement was made in North Carolina, and that the laws of North Carolina shall govern its interpretation and enforcement. As the participant is under 18 years of age, the parent agrees to the previous and following statements: As a parent or guardian of the participant, I authorize the child to participate. I also join in the statements and agreements made by the participant in this document.

I have read and fully understand the above important information, warning of risk, and waiver and release of all claims. If registering via fax or online, your facsimile signature shall substitute for and have the same legal effect as an original form signature.

BILLING

VOLO MultiSport will invoice the client for any completed training sessions or program dues. Invoices will be emailed to the provided address and can be paid in cash or by check. All checks should be made out to VOLO MultiSport and include the invoice number on the memo line of the check.

Invoices submitted to the client are due within 14 days of receipt.

Invoices that are not reconciled within 14 days of the due date, 28 days of receipt, are subject to a "Late Fee" of \$20.00.

Please choose an option for payment by initialling on the line:

_____ - \$250 for entire program (1st payment of \$125 due by May 15th, second payment of \$125 due by June 15th)

_____ - \$15 per visit

PHOTO RELEASE

I hereby authorize and give my consent to VOLO MultiSport to photograph/video my child (or me), and without limitation, to use such photographs/video in connection with promoting/advertising the services, programs, and facilities of VOLO MultiSport, without consideration of any kind, including, but not limited to, VOLO MultiSport's website and sponsored social media site(s).

Adult or Parent's Signature (18 years or older or Parent/Guardian)

Printed Name

Date _____