



# HIGH SCHOOL & COLLEGE SPORTS PREPARATION APPLICATION

Today's Date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Month Day Year

Membership #: \_\_\_\_\_

*You are about to take advantage of an opportunity to maximize your athletic potential and make yourself more competitive in sports at the High School & College level. Programs will focus on improving movement efficiency, which directly relates to improved athletic performance (strength/power, speed/agility, endurance, and flexibility) and reduced injury potential. Athletes will be grouped by age/ability and sport focus.*

NAME: Last \_\_\_\_\_ First \_\_\_\_\_ MI \_\_\_\_\_

Male  Female Age: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Month Day Year

Yes, I would like to receive information by e-mail for classes, programs and events at the Willows Road facility.

E-Mail: \_\_\_\_\_ Daytime Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

NOTE: We do not share membership information with any other entity.

**CONSENT:** I give my permission to practitioners in Physical Therapy to administer and perform complimentary procedures as may be deemed necessary during an injury screen of myself or program participant if under age 18. If follow-up care is necessary, a benefits review will be completed.

Signature

\_\_\_\_\_

Participant (If participant is 18 or older)

\_\_\_\_\_

Parent/Gaurdian (If participant is under age of 18)

## 1 WHAT DO YOU EXPECT YOUR FITNESS LEVEL TO BE AT THE START OF THE PROGRAM?

- Mildly Active** » Not currently participating in sports or training for the upcoming season.
- Moderately Active** » Currently participating in sports with expected rest time prior to this training program.
- Highly Active** » Consistently participating in year-round sports and conditioning.

## 2 WHAT SPORTS DO YOU PLAN TO PARTICIPATE IN DURING THE NEXT 12 MONTHS?

### Spring 2010

- Baseball/Softball
- Track & Field  
(Event: \_\_\_\_\_)
- Lacrosse
- Soccer (Boys)
- Gymnastics
- Tennis (Girls)
- Golf (Girls)

### Fall 2010

- Football
- Soccer (Girls)
- Cross Country
- Golf (Boys)
- Volleyball
- Swimming (Girls)

### Winter 2010-2011

- Basketball
- Gymnasitcs
- Swimming (Boys)
- Wrestling

### Other/Year-round

\_\_\_\_\_

## 3 WHAT IS YOUR #1 GOAL UPON COMPLETION OF THE HIGH SCHOOL & COLLEGE SPORTS PREPARATION PROGRAM?

\_\_\_\_\_  
\_\_\_\_\_

## 4 WHEN WOULD YOU PREFER\* TO START YOUR TRAINING?

- Monday:**  3:00 p.m.  3:30 p.m.  4:00 p.m.  4:30 p.m.  5:00 p.m.
- Tuesday:**  3:00 p.m.  3:30 p.m.  4:00 p.m.  4:30 p.m.  5:00 p.m.
- Wednesday:**  3:00 p.m.  3:30 p.m.  4:00 p.m.  4:30 p.m.  5:00 p.m.
- Thursday:**  3:00 p.m.  3:30 p.m.  4:00 p.m.  4:30 p.m.  5:00 p.m.
- Saturday:**  8:30 a.m.  9:30 a.m.  11:00 a.m.
- Sunday:**  8:30 a.m.  9:30 a.m.  11:00 a.m.

\* Final schedule dependent upon demand.