

Parks & Recreation - The Benefits Are Endless

Beverly Recreation Department

Lynch Park, 55 Ober Street, Beverly, MA 01915

Fax: (978) 927-1386

Office: (978) 921-6067

Email: bdoig@beverlyma.gov

Bruce M. Doig, Director

2012 REGISTRATION FORM

DATE: _____

STUDENT'S NAME: _____ DATE OF BIRTH: _____

ADDRESS: _____ CITY: _____ ZIP: _____

HOME PHONE: () _____ WORK/CELL: () _____

CURRENT GRADE: _____ T-SHIRT SIZE: (Adult Sizes Only) _____

PARENT/GUARDIAN NAMES: _____ EMAIL: _____

PROGRAM NAME: **Middle School Strength & Conditioning Program**

DATES: **January 9 to March 30, 2012 (M, W & F)** FEE: **\$60** COURSE #: _____

Make checks payable to: Beverly Recreation Department CHECK #: _____

() Visa () MC Total to Charge: _____

ACCOUNT #: _____ EXP. DATE: _____

NAME ON CARD: _____

Insurance Company: _____ Policy #: _____

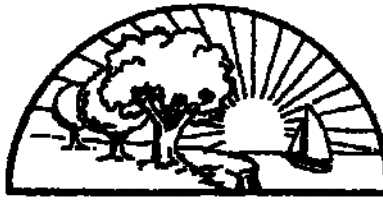
I agree that pictures taken in connection with the program or event may be used for future promotional purposes.

By signing this waiver of liability and assumption of risk agreement, registrant, parent/legal guardian authorizes the above mentioned registrants to use Beverly Racquet & Fitness Club (BRFC), and acknowledges and accepts the risk inherent in the use of center services, apparatus, appliances, facilities activities and voluntarily and expressly assumes the risk of injury, accident, death, loss cost or damage to the registrant to their property which might arise from use of the center or its services, facilities, apparatus, equipment or activities and release the center from all claims, liabilities, loss, damage costs and or causes of action including but not limited to all bodily injuries and property damage whether or not it is contended the center, its agents, representatives or employees of their negligence contributed thereto in whole or in part, or was responsible therefore.

Signature further certifies that the participant is in good health and is able to undertake and engage in physical exercise sport activities in which he or she chooses to participate. Signature assumes all responsibility for updating club of changes in physical condition and for reporting all injuries sustained at the club to the manager or safety director, and releases the club, its directors, officers, shareholders, representatives, agents, and employees from any liability arising out of said information.

Parent Signature (required)

Date



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2012 Middle School Strength & Conditioning Program PAWZ (Panther Athletic Workout Zone)

Mondays, Wednesdays, Fridays – 5:15PM to 6:45PM

January 9th through March 30th (Including Holidays and School Vacation)

Location: Beverly High School Fieldhouse

Cost: \$60

**Who can attend: 6th, 7th & 8th Grade Students (Boys & Girls)
(Maximum 35 Students)**

Instructional Staff:

Ben Goodhue – BHS Strength & Conditioning Coach, BHS Football Coach

Bruce Doig – Director, Beverly Recreation Department, BHS Football Assistant Coach

Other BHS & Beverly Youth Football Coaches

Daily Program:

- **Stretch & Warm Up**
- **Agility/Cardiovascular/Plyometrics Conditioning**
- **Instructional Strength Training**

Instructional Emphasis:

- **Proper Warm up & Stretching Techniques**
- **Functional Training**
- **Correct Lifting Techniques**
- **Age-Appropriate Training Program**
- **Correct Partner Spotting**
- **Multiple Joint Movements**
- **Knowledge of Various Training Methods**
- **Agility & Plyometric Training**
- **Learn to Train Properly & Build Confidence!!!**
- **Get in Shape and HAVE FUN!!!**