



# Pre-Season Strength and Conditioning for Amity Girls Soccer & Field Hockey

**June 25 – August 9 5:30 - 6:45 pm Tuesday – Thursday – Friday**  
**@ Fred Wolfe Park - Hollow Road in Orange**  
**NO SESSION ON JULY 4th — Rain dates added as needed**

**Cost: \$240 (20 sessions) PLEASE BRING 1, 10-20LB KETTLEBELL TO THE FIELD**  
**Cash or Check payable to Jim Ronai's Competitive Edge**

**REGISTER IN ADVANCE BY June 19th**

*cespeed.com* [info@cespeed.com](mailto:info@cespeed.com) Instagram: *ce\_speed1* Questions? Call (203) 799-3343

**Return waiver & payment to: Jim Ronai's Competitive Edge, 400 Boston Post Rd. Orange, CT 06477**

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Name _____	DOB _____	Age _____	Grade _____
Address _____	City _____	State _____	Zip _____
ATHLETE EMAIL: _____	ATHLETE PHONE: _____		
PARENT EMAIL: _____			
EMERGENCY CONTACT NAME: _____		and PHONE: _____	
Please list any medical conditions, injuries, allergies or illnesses that may affect participation: _____ _____			
I hereby give my child permission to participate in "The Competitive Edge Strength/Conditioning Program" I also verify that my child is in good health and authorize the directors to act for me according to their best judgment in any emergency requiring medical attention. I also agree to hold harmless and indemnify Jim Ronai's Competitive Edge, LLC, its employees, servants, and/or agents and frees the employees, servants or agents of liability for any injuries, illness or other claims other than those arising from acts of negligence due to acts of omission or commission during the aforementioned program. Further, I hereby grant full permission for event organizers to record any or all of my participation in these events for photos, video pictures, T.V, radio, videotapes, and other media known and to use them no matter by whom taken in any manner for publicity, promotions, advertising trade or commercial purposes without any reimbursement of any kind due to me or the need to pay any fee.			
_____ <b>Parent or Legal Guardian: PRINT NAME</b>	_____ <b>SIGNATURE</b>	_____ <b>DATE</b>	