

Sign Up!

Athlete Name: _____

Age: _____ Upcoming Grade: _____

Sports Involved In: _____

Parent Name: _____

Phone: _____

E-Mail: _____

Please give the name & information of one or two people we should reach in the event we are unable to contact you?

1. _____

2. _____

Health Concerns: _____

Training Options (Please Check One):

Pre-Pay for ALL Training Sessions (\$135)
Note Shirt Size Below

Pre-Pay for Speed and Conditioning
Only (\$120) Note Shirt Size Below

Weekly (\$30/week)

Dri-Fit T-Shirt (Price: \$15 for weekly payers)

Size: _____ Youth & Adult Sizes Available

Make checks payable to:

SUMMIT ATHLETICS

***NO FULL REFUNDS

Dates

Falcon Performance will take place
on the following days:

JUNE: 1-4, 8-11, 15-18, 22-25

JULY: 6-9, 13-16, 20-23

Time

The workout will last from 8 to 11 AM and
consist of three 50 minute training sessions.

TYPICAL SCHEDULE:

8:00-8:15 : Dynamic Warm-Up

8:15-10:45 : Rotate between Workout Sessions

- Speed/Agility on Track
- Strength Training in Weight Room
- Core/Plyometrics/Conditioning

10:45-11:00 Cool Down

Questions? Contact...

Jon Bunyard: bunyardjonathan@rockwood.k12.mo.us

Disclaimer and Waiver of Liability:

This program is athletic training in nature and non-contact by definition. However, it is impossible to avoid all injuries of an athletic nature. Therefore, you as a guardian are being notified of the fact that the possibility of injury does exist. Be assured that our staff will take all necessary precautions to reduce the risk to our athletes. In order for your athlete to participate, you must acknowledge your understanding of the risk factors.

Parent Signature:

Rockwood Summit



1780 Hawkins Rd.
Fenton, MO 63026
Phone: 636-891-6800
Fax: 636-861-7717

Falcon Performance

FALCON PERFORMANCE is a seven week program designed to develop the athleticism of our current and future Summit athletes!



Justin Tunncliff & Patrick Tosti
All-Conference Football Players
3 Year Varsity Starters

Who Can Sign Up?

Any current or future Summit athlete in grade 6 thru 12 who wants to develop their athletic ability!

*Athletes will be split into three groups based on age/skill level each day.

How do I Sign Up?

Fill in the back of this brochure and return with the sign up fee to **Jon Bunyard** at Rockwood Summit

Payment Options

We are offering 2 training options or a pay-as-you go option:

- **\$135** - Upfront payment for full seven weeks (Includes dry-fit shirt)
- **\$120** - Speed/conditioning only for seven weeks (Start at 8 AM-no weight room, finished at 10:15) (Includes dry-fit shirt)
- **\$30/Week** - Pay as you go throughout the summer (Same price regardless of workout option chosen)
 - If you decide to pay weekly, you can order a shirt for an additional \$15.

Prices for families with multiple athletes will be \$135 for the first, \$110 for the second & \$85 for each additional athlete.



Kaitlyn Nottleman
2 Sport Athlete
All Conf. Performer



Connor Fagan
2 Sport Athlete
Varsity Starter as Soph.



Sam Pennington
2 Sport Athlete
State Placer—Wrestling / All Conf.-Football

The Program

Our Philosophy:

Athleticism is the common thread that ties all sports together. Our goal is not to develop athletes for one specific sport but rather develop athletes that can excel in every sport. We strive to keep our program based on current collegiate and professional practices.

⇒ Weight Training and Strength Development

- Comprehensive program focusing on strength in athletic movements using multi-rep maxes

⇒ Agility and Speed Improvement

- Focus on fast-twitch muscle development to increase speed, acceleration & quickness

⇒ Core/Plyometrics/Conditioning

- Balanced routines that develop power, flexibility & endurance through multiple athletic disciplines

Registration Deadline

June 1st, 2015