

AHP @ Brewster Sports Center

Cost: \$300 per athlete

Ages 12 years old thru adults

Please make any checks out to Brewster Sports Center.

Name: _____

Age: _____

Address: _____

Phone: _____

Cell: _____

Email: _____

Medical release:

I hereby authorize the staff of Academy For Human Performance to act for me according to their best judgement in any emergency requiring medical attention and I hereby waive and release Academy For Human Performance from any and all liability for any injuries or illnesses incurred while participating at the facility or property. I have no knowledge of any physical impairment that would affect the athlete's participation, named above, in the program as outlined in the information. I further acknowledge that the Academy For Human Performance Total Athlete Series, its owners, coaches, and anyone associated with Academy For Human Performance will not be liable for any damage resulting from injuries or illnesses sustained at the Academy For Human Performance Total Athlete Series or Brewster Sports Center. I also understand that Academy For Human Performance has the right to use, for publicity and advertising purposes, photographs and video taken at the facility.

Signed _____

(Parent / Guardian Signature if applicable)

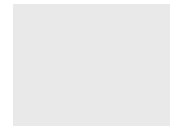
AHP
19 SUTTON PL
BREWSTER, NY 10509

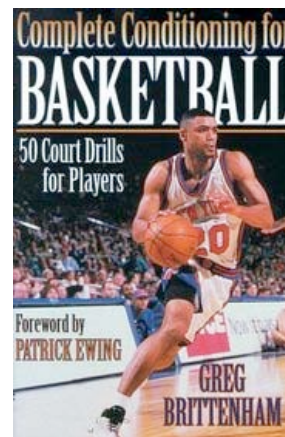
Academy For HUMAN PERFORMANCE

AT THE BREWSTER
SPORTS CENTER

PRESENTS

TOTAL ATHLETE





SOME ARE JUST BORN ATHLETES. BUT THEY'RE USUALLY BEAT BY THE ATHLETES WE MAKE.

YOU JUST GOT BETTER!

This is NOT a “workout”.

It is a scientifically engineered delivery system to get you what you want: RESULTS.

Designed specifically for the serious athlete, Academy For Human Performance presents our always popular “Total Athlete Series” for athletes looking to fully enhance his or her athletic abilities such as speed, power, endurance, and agility.

Don't Settle For What Everyone Else Is Doing!

The Total Athlete Series is a results driven program. Participants are pre- and post-tested in the areas of speed, agility, power and endurance. Attendance is necessary if results are to be seen. There are NO make-up classes or credits for missed sessions.

All fees are requested for registration.

Checks may be made out to Brewster Sports Center.

Summer Schedule

Dates	Day	Time
July 11	Monday	6pm-7pm
July 13	Wednesday	6pm-7pm
July 18	Monday	6pm-7pm
July 20	Wednesday	6pm-7pm
July 25	Monday	6pm-7pm
July 27	Wednesday	6pm-7pm
August 1	Monday	6pm-7pm
August 3	Wednesday	6pm-7pm
August 8	Monday	6pm-7pm
August 10	Wednesday	6pm-7pm
August 15	Monday	6pm-7pm
August 17	Wednesday	6pm-7pm

Faculty

Greg Brittenham is in his 20th year with the Knicks. “It’s our job to find weak areas, then eliminate the weaknesses and enhance the strengths.”

Dan Furlong just completed his 3rd straight year (8th overall) with the Knicks. “Our sole purpose is cemented in providing an environment for achieving results. Period.”

