

SPORTS CONDITIONING

Summer 2008

Date: June 23 - Aug 6

Time: 8:00 - 10:00 A.M.

Days: Mon, Tues, Thur, Fri

Cost: \$45/athlete

Location: Keene High School*



This program is designed to improve the sport performance and reduce the risk of injury of the youth athlete. The program will include individualized expert supervised conditioning of the young athlete. The program will conclude with position specific training to prepare for the up-coming season!

Program Coordinator: *Dr. Chris Proulx, DC, MS, ATC, CSCS*

Dr. Proulx has been conditioning athletes for over 15 years of all ages, sports, and competition levels from youth to Olympic and professional sports. He has several publications and national and international presentations on his research and experience. Chris is also a former Keene High School graduate who is currently working as a professor at Keene State College and in private practice.

Registration Form

Name: _____ DOB: _____
Address: _____ Phone: _____
Fall Sport: _____ Position _____ Shirt size: S M L XL XXL

The above named participant is in good health and able to engage in a vigorous training program with NO RESTRICTIONS. I hereby waive and release Christopher Proulx and staff, Keene High School of all liability for any injury incurred while participating in the 2008 summer session.

THIS IS NOT A KEENE HIGH SCHOOL SPONSORED EVENT

Signature: _____ Date: _____
Parent/Guardian Signature: _____ Date: _____

Checks payable (\$45) and send to: Christopher Proulx P.O. Box 1791, Keene, NH 03431-1791
For more information, please call Chris Proulx at 603.540.0617 or e-mail to chrisproulx_dc@hotmail.com