

## Strength and Conditioning Camp Waiver

I would like to use the facilities and equipment at the Boston University Student Athlete Varsity Weight Room. I am aware that using exercise and weight lifting equipment can be a dangerous activity involving many RISKS OF INJURY. I understand that the dangers and risks of working out with exercise and weight lifting equipment include, but are not limited to death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and aspects of the muscular system, and serious injury or impairment to other aspects of my body, general health, and well being. I understand that the dangers and risks of participating in a workout with exercise and weight lifting equipment may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, engage in other business, social and recreational activities, and generally enjoy life.

Because of the dangers of working out with exercise equipment and weight lifting equipment, I recognize the importance of following instructions regarding proper use of the equipment, appropriate training and other rules, etc., and to agree to obey such instructions.

In consideration of being presented this opportunity to use the facilities at the Boston University Student Athlete Varsity Weight Room and in acknowledging that I am aware of and willing to assume the risks associated with use of exercise and weightlifting equipment, I hereby voluntarily agree to waive, hold harmless and indemnify the Trustees of Boston University and its trustees, agents, volunteers and employees from any and all claims, demands, damages and causes of action of any nature whatsoever arising out of ordinary negligence which I, my heirs, my assigns or successors may have against them for, on account of, or by reason of my voluntary use of the weight lifting equipment and facilities at Boston University. I understand the content of this document, and I execute this INFORMED CONSENT AND WAIVER OF CLAIM FORM of my own free will and accord.

NAME (Print): \_\_\_\_\_

DATE: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

PARENT OR GUARDIAN SIGNATURE: (If under 18 years of age)

\_\_\_\_\_

## Game Fit Performance Training, LLC



*Strength Training*



*Footwork*



*Agility*

### Game Fit Performance Training, LLC

Glenn Harris  
Head Strength & Conditioning Coach  
Boston University Athletics  
285 Babcock St  
Boston, MA 02215  
Phone: 617-413-8280  
Fax: 617-353-5286  
E-mail: harrisgr@bu.edu  
Website: [www.GameFitPerformance.com](http://www.GameFitPerformance.com)



**Game Fit**  
*Performance  
Training, LLC*

## 2009 Summer Strength and Conditioning Camp

*Raising your  
Performance to  
Championship Levels.*

**June 1, 2009**  
to  
**July 2, 2009**

Game Fit Performance  
Training, LLC  
Tel: 617-413-8280  
[www.GameFitPerformance.com](http://www.GameFitPerformance.com)

## Camp Information



Glenn Harris, MS, CSCS

Head Strength & Conditioning  
Coach

Camp Director

13 years at Boston University

What if you could participate in a strength & conditioning camp that was created with the primary objective of making you better for your sport, would you want to do it? This summer you can! You can train the way the Terrier Athletes train, all under the direct supervision of Glenn Harris and his summer camp staff. The workout will be tailored to address the needs of the younger athlete while still incorporating many of the exercises that Terriers perform regularly. The camp will be conducted using the facilities of Boston University including the BU Varsity Weight Room as well as Nickerson Field. The workout will consist of functional warm-ups, dynamic stretching, speed development, plyometric training, core training, and strength and power training.

### Who is the camp for?

This camp is open to male and female athletes between the ages 13-18.



Boston University Varsity Weight Room

## Camp Benefits

*Athletes attending the Game Fit Performance  
Training Camp will:*

- Increase their Strength Levels
- Improve their Speed and Conditioning
- Improve their Flexibility
- Improve their self-confidence which will carry over to the field of play!

## What to Bring for your workout

All Athletes should be dressed properly to workout. This includes: Shorts or Sweats, T-shirt, and Sneakers. You should also bring a water bottle. Do not bring lifting gloves or headphones.

## Typical Workout Day

Warm-up and Stretch	15 minutes
Agility and Plyometric Training	15 minutes
Conditioning	15 minutes
Core and Strength Training	45 minutes
Cool-down	10 minutes

All workouts will take place Monday, Tuesday, Wednesday, and Thursday in the afternoons and early evenings. Every effort will be made to accommodate preferred workout time.

The camp will begin June 1st and conclude July 2nd for a total of 20 workouts. **Registration deadline is May 15, 2009.** Registration forms received after will be accepted if space permits. For more information go to [www.GameFitPerformance.com](http://www.GameFitPerformance.com)



## 2009 Game Fit Performance Training Registration Form

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

\_\_\_\_\_

Relationship: \_\_\_\_\_

Phone: \_\_\_\_\_

T Shirt Size (circle one): S M L XL XXL

### Payment Information

Camp Fee: \$450.00

Rank Time slot Preference (1-2-3)

2:30pm \_\_\_\_\_ 3:30pm \_\_\_\_\_

4:30pm \_\_\_\_\_ 5:30pm \_\_\_\_\_

Please make checks payable to:

**Game Fit Performance Training, LLC**

**Mail completed form and non-refundable deposit of \$200.00 to:**

**Glenn Harris  
Head Strength & Conditioning Coach  
Boston University Athletics  
285 Babcock St  
Boston, MA 02215**

Phone: 617-413-8280

Fax: 617-353-5286

E-mail: [harrisgr@bu.edu](mailto:harrisgr@bu.edu)

Website: [www.GameFitPerformance.com](http://www.GameFitPerformance.com)