

# ISSAQUAH BASEBALL 2013 OFF-SEASON TRAINING

Issaquah Baseball and Decater Performance will once again provide off-season baseball training for IHS players to develop baseball specific strength, power and speed.

Coach Reese encourages all 2014 players to participate and commit to the off-season training program as a team and toward a common goal - to become State Champ! Training, like practice, is a key element to the overall success of the program and our young athlete's health.

We are only able to offer this program at this reduced price because of the commitment and high participation level of our players and their families. Typical, non-baseball focused, training can cost hundreds of dollars per month and over \$60 per hour at your local gym or with a personal trainer.

The Decater Performance program aims to provide our players with the best baseball specific training at the lowest cost possible, all while building a strong team chemistry and work ethic. Because these rates have already been discounted for our players and their families no additional discounts can be offered for those unable to attend all of the offered sessions. Additional training will be offered after First Winter Break for players who cannot attend due to commitment to a Fall sport.

## SESSION 1 LOCATED IN THE IHS WEIGHT ROOM

Start Date: September 4, 2013

End Date: First Winter Break

### TRAINING SCHEDULE

Mon 2:30 - 4:00

Wed 3:00 - 4:30

Fri 2:30 - 4:00

\*no training on all school district holidays and snow days

### TRAINING PROGRAM COST

Total Cost - \$445

Total Hours of training - 67.5

Average Cost/Hour - \$6

\*total cost includes tax

### INFORMATION

Player Name \_\_\_\_\_ Home Phone # \_\_\_\_\_ Reg # \_\_\_\_\_

Parent Name \_\_\_\_\_ Player Cell # \_\_\_\_\_ Date Wristband Rec'd \_\_\_\_\_

Parent Email \_\_\_\_\_ Parent Cell # \_\_\_\_\_

**YES** - I agree to full payment of \$445.  
Check made payable to Issaquah High School

\* Rates are based on schedule of sessions for the entire program as outlined above and have already been discounted. No adjustments to the rate can be made regardless of attendance by any individual participant. Fee includes all posted sessions. Schedule cannot be broken up for reduced participation or rate. Attendance will be monitored and Coach Decater should be notified regarding any planned absences.

\*\*Partial scholarships are available and are kept confidential (please contact Booster Club for details).

Completed forms with checks can be brought to the first training sessions. Liability forms will be distributed at our first training session for players and parents to complete.

Program schedule will continue as shown, unless registration does not reach required number of participants.

**WAIVER: I hereby grant permission for the above named athlete to participate in all activities of this program and I understand that participation can result in injury including but not limited to catastrophic injury, death, paralysis, injury to virtually all bones, joints, ligaments, muscles and tendons, and serious injury to other aspects of the body. I hereby assume all risks associated with participation and agree to unconditionally release Decater Performance and its contractors and agents involved in this program from any and all liability.**

Date Signed \_\_\_\_\_ Parent/Legal Guardian Signature \_\_\_\_\_

