

# IHS BASEBALL - 2018 PRE-SEASON TRAINING

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

Coach Reese encourages all 2018 players to participate and commit to the pre-season training program as a team and toward a common goal - to become State Champs!

Training, like practice, is a key element to the overall success of the program and our young athlete's overall development.

This program is being offered to our athletes at a 35% discount. 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.

Athletes have 2 options for training.

-We will be offering a 2-day program and a 3-day program. Mon/Wed training is scheduled for our 2-day athletes and Mon/Wed/Fri training for our 3-day athletes.

## PRE-SEASON SESSION - Located at Decater Performance

Start Date: January 3rd, 2018

End Date: February 16th, 2018

### TRAINING SCHEDULE

Mon 3:30 - 4:30  
Wed 4:30 - 5:30  
Fri (optional) 3:30 - 4:30  
\*no training on all school district  
holidays and snow days

### TRAINING PROGRAM COST

Issaquah Cost - \$395 (3 days/wk)  
\$250 (2 days/wk)  
Monthly payments available w/ CC only  
Regular Cost - \$650 / \$450  
\*total cost does not include tax

### INFORMATION -- Email Derek at [Derek@Decaterperformance.com](mailto:Derek@Decaterperformance.com) to confirm registration

Player Name \_\_\_\_\_ Home Phone # \_\_\_\_\_ Position \_\_\_\_\_

Parent Name \_\_\_\_\_ Player Cell # \_\_\_\_\_

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

YES - I agree to full payment + tax (8.6%).

For monthly payments please provide credit card numbers by phone or in person at the gym.

\* 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.

Completed forms with checks can be brought to the first training sessions. Liability forms will be email before our first training session for 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 \_\_\_\_\_