STANFORD WATER POLO CLUB SUMMER STRENGTH & CONDITIONING REGISTRATION FORM

ATHLETE INFORMATION

Player's Name _____ Birthdate _____ Age _____ School _____

Grade in 2010-11 _____ Health Notes/Injuries/Allergies _____

PARENT INFORMATION

Parent(s) Name(s) _____

Phone # _____ Emergency # _____ Parent/Family Email _____

Family Address _____ City _____ Zip _____

Stanford Water Polo Club Strength & Conditioning Program is only available to currently registered Stanford Water Polo Club athletes. All participants must have their current session registration fully processed (including payment, submitted waiver, proof of insurance, and proof of current USWP membership) and must complete and submit payment and the Strength & Conditioning Registration Form prior to attending any Strength & Conditioning workouts. All workouts will be held at the brand new Maples Pavilion Training Annex.

Stanford Water Polo Club Strength & Conditioning – Summer 2010 (please check one)

Check One	Group	Description	Pre-Summer Schedule (5/24-6/13)	Summer Schedule (6/14-7/25)	Cost
	Advanced Strength & Conditioning	Designed for athletes with previous lifting experience who will be in either the HS1A or HS1B summer practice groups	Mondays, Wednesdays, Fridays. 6:30-7:30 pm	Mondays, Tuesdays, Thursdays. 5:15-6:15 pm	$345.00
	Intermediate Strength & Conditioning	Designed for athletes with little to no lifting experience who will be in either the HS 2 or AG 1 summer practice groups	Tuesdays, Thursdays. 6:30-7:30 pm	Tuesdays, Thursdays. 4:15-5:15 pm	$230.00

The undersigned, in accepting the right to participate in the Stanford Water Polo Program and activities, waives all rights and claims for injuries or damages for negligence or otherwise, against Stanford University, Stanford Strength & Conditioning, Stanford Men's Water Polo Endowment Fund, NCWPC, their agents, servants, directors and employees by reason of participation in these activities and programs of the Stanford Water Polo Program.

_____
Parent/Guardian's Signature Date

Please make your check payable to: **NCWPC** and turn in Registration Form and payment to Coach Barnea at his office prior to attending any strength and conditioning workout.