



Hawks Strength Conditioning Session

HAWKS TRACK CLUB 17639 Sherman Way # A275 Lake Balboa, CA 91406		Instructor: Cortnee Crosby General Manager: Molletta Hawkins
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(1) Child's Name

(2) Child's Name

(3) Child's Name

Age _____ Gender M or F

Date of Birth: _____

Age _____ Gender M or F

Date of Birth: _____

Age _____ Gender M or F

Date of Birth: _____

Parent #1/Guardian Information:

Name _____

Best Contact # (_____) _____

Email _____

Parent #2/Guardian Information

Name _____

Best Contact # (_____) _____

Email _____

How did you hear about us? Website Friends/Family Previous Hawks Member Other, _____

*** SIGN-UP NOW and JOIN TODAY! ***

Email Enrollment Form to HawksTrackClub@yahoo.com & send payment to (Zellepay.com)

STRENGTH CONDITIONING TRAINING SESSION

DAY: "Saturday's" TIME: 9:30am to 10:30am

Note: If you sign-up for session 1 & 2 (three 30min. Yoga sessions will be added in January)

- SESSION 1** - December 1st, 8th, 15th, 22nd, January 5th
- SESSION 2** - December 15th, 22nd, January 5th, 12th, 19th

PLEASE NOTE: Training Session will be at Sherman Oaks/Van Nuys Park (Session Cancelled if less than 10 participants)

MEET UP LOCATION: **By the Adult work-out station at the park, it's on the opposite side of the kids play areas.**

PARTICIPANTS	Conditioning Training (5 Class Session)	Track Season 2019 (Fee with Paid Track Registration)	PER CLASS (each visit)
1 Child	<input type="checkbox"/> \$75.00	<input type="checkbox"/> \$40.00	<input type="checkbox"/> \$25.00
2 Children	<input type="checkbox"/> \$125.00	<input type="checkbox"/> \$80.00	<input type="checkbox"/> \$40.00
3 Children	<input type="checkbox"/> \$150.00	<input type="checkbox"/> \$120.00	<input type="checkbox"/> \$50.00

We accept Cash or Check payable: [HAWKS TRACK CLUB](#)

LIABILITY RELEASE: *(I hereby agree to participate as a team member in the Hawks winter/summer conditioning activity)*

I understand that there are certain risks of injury inherent in the practice and play of this sport. I am willing to assume these risks. I hereby certify that I am fully capable of participating and that I am healthy and have no physical or mental disabilities or infirmities that would restrict full participation in these conditioning clinics. In addition to giving full consent for my participation, I do hereby waive, release and hold harmless the organization named above its officers, coaches, directors, parent volunteers, facility owners and representatives from any liability whatsoever resulting from any injury or harm that may occur to my child while participating in or traveling to or from any Hawks Track Club activity.

PARENT'S INFORMATION

Print Parents Name _____

Parent's Signature _____

Date _____

Hello,

Just in case you haven't heard: The Hawks are having Pre-Conditioning Training on Saturday morning in the San Fernando Valley area.



Saturday Dates	Location	Time	Session
December 1, 2018	Sherman Oaks Park	9:30am-10:30am	Session 1
December 8, 2018	Sherman Oaks Park	9:30am-10:30am	Session 1
December 15, 2018	Sherman Oaks Park	9:30am-10:30am	Session 1 & Session 2
December 22, 2018	Sherman Oaks Park	9:30am-10:30am	Session 1 & Session 2
January 5, 2019	Sherman Oaks Park	9:30am-10:30am	Session 1 & Session 2
January 12, 2019	Sherman Oaks Park	9:30am-10:30am	Session 2
January 19, 2019	Sherman Oaks Park	9:30am-10:30am	Session 2

Training Locaton:

Sherman Oaks/Van Nuys Park: 14200 W. Magnolia Bl. Sherman Oaks, CA 91423

Note: park in the parking lot and walk into the park towards the adult workout stations.

Training Age :

6 & Up for boys and girls

Training Instructor:

Ms. Cortnee Crosby



Participating Athletes:

- If you are planning on participating, please email registration form to: hawkstrackclub@yahoo.com or email your son/daughter's name and bring registration form 1st day of training.
- If unable to email registration form, respond to email with your child's name and bring forms 1st day of training.

Payment Information

- Credit Card: www.zellepay.com to (818) 321-7133
- PayPal: send payment to: hawkstrackclub@yahoo.com
- Bring a check and make payable to: Hawks Track Club
- We accept cash in person

If you have any questions, please respond to email for answer.

Thank you

Molletta Hawkins
HTC, General Manager
(818) 321-7133

