

Hawks Strength Conditioning Training



HAWKS TRACK CLUB
17639 Sherman Way # A275
Lake Balboa, CA 91406



Instructor: Cortnee Crosby
Team Manager: Molletta Hawkins

(1) Child's Name

Age _____ Gender **M** or **F**
Date of Birth: _____

(2) Child's Name

Age _____ Gender **M** or **F**
Date of Birth: _____

(3) Child's Name

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)

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

STRENGTH CONDITIONING TRAINING SESSION

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

DAY: "Saturday's" **TIME:** 11:30am to 12:30pm

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

PLEASE NOTE: Training Session will be at Parks and/or Beach (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

If you turn in Registration forms for the 2019 Track season with this form, you'll receive a discount, see above

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 West LA area.

Session	Saturday Dates	Time:	Location (address below)
Session 1	December 1, 2018	11:30am-12:30pm	Veteran's Park
Session 1	December 8, 2018	11:30am-12:30pm	Veteran's Park
Session 1 & Session 2	December 15, 2018	11:30am-12:30pm	Westwood Park
Session 1 & Session 2	December 22, 2018	11:30am-12:30pm	Westwood Park
Session 1 & Session 2	January 5, 2019	11:30am-12:30pm	Westwood Park
Session 2	January 12, 2019	11:30am-12:30pm	Del Rey Lagoon Park/Beach
Session 2	January 19, 2019	11:30am-12:30pm	Del Rey Lagoon Park/Beach

Training Information:

Welcome: Boys and girls 6 & Up.

Instructor: Cortnee Crosby

Location: **Veterans Park** * 10800 Culver Blvd * Culver City, CA 90230

Location: **Westwood Park** * 1350 Veteran Ave. * Los Angeles, CA 90024

Location: **Del Rey Park/Beach** * 6800 Pacific Avenue * Playa Del Rey, CA 90293

Park on the streets on Pacific at address above, next to Del Rey Lagoon Park

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

