

"The constant pursuit of sports performance."

**APX BASEBALL DEVELOPMENT CAMP
REGISTRATION & INSURANCE FORM**



www.apxstrength.com

NAME: _____ SCHOOL: _____

GRADE: _____ POSITION: _____ HEIGHT: _____ WEIGHT: _____

ADDRESS/CITY/ZIP: _____

PHONE (H): _____ (CELL/WORK): _____

E-MAIL: _____

EMERGENCY CONTACT: _____ PHONE: _____

SPECIAL MEDICAL CONDITIONS (DIABETIC, ALLERGIES, MEDICATIONS, INJURIES, ECT.):

DOCTOR / HEALTH CARE PROVIDER: _____

INSURANCE PROVIDER: _____ PHONE: _____

CLINIC: _____ PHONE: _____

CAMP TIME (CIRCLE ONE): 4:30-5:15 5:30-6:15 6:15-7:00

(CIRCLE ONE): CAMP FEE (20 SESSIONS/2X'S PER WEEK @ \$15/SESSION): \$300

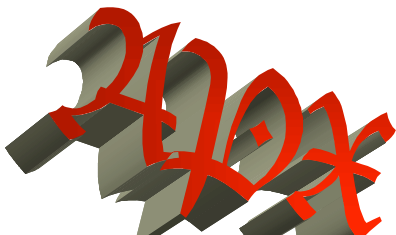
I understand that my child will undergo rigorous physical training movements and agility drills that pose a risk of injury as with any form or duration of physical exercise. By signing below, I release the coaching and training staff of APX STRENGTH, of any and all liabilities in which case my child is injured throughout the duration of the APX Baseball Development Camp at APX. I understand that my child must be insured through a family insurance plan, and that APX does not provide insurance for my child upon injury.

ATHLETE PRINT NAME: _____

ATHLETE SIGNATURE: _____ DATE: _____

PARENT PRINT NAME: _____

PARENT SIGNATURE: _____ DATE: _____



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Advanced Performance & Train
BUILDING ATHLETES
BREEDING CHAMPIONS

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**APX BASEBALL DEVELOPMENT CAMP ITINERARY
IN-SEASON SESSION: (10 WEEKS)
FEB. 28 – MAY 6, 2011**



DATES AND TIMES:

- **Monday-Friday (Saturday Available)**
- Feb. 28 – May 6, 2011
- Athlete comes 2X's per week
- Muscle & Flexibility Maintenance + Speed-Agility-Quickness Covered

LOCATION:

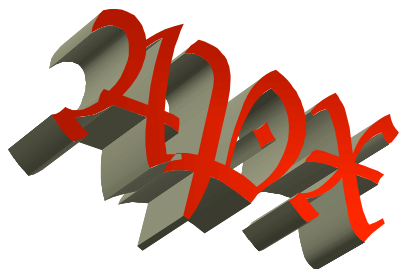
- APX STRENGTH TRAINING FACILITY
- 203 E. Sprague St., Spokane, Wash. 99201

ATHLETE BRINGS:

- Cross Training Shoes & Cleats (No Metal Cleats)
- Bat Bag, Mitt/Glove
- Gatorade/Water Bottle
- DESTROY ALL mentality

EMPHASIS:

- Total Body Strength – Baseball Relativity – Flexibility
- Functional Dynamics & Total Body Strength
- Total Body Strength Phase – Baseball Relativity
- Weak Links & Neuromuscular Balance
- Upper Emphasis & Power Circuit (Nutrition & Supplementation)
- Baseball Relativity Work
- In-Season Nutrition & Supplementation Emphasis



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