



Total Sports Performance Summer Training Program

with Mike Potenza

Strength and Conditioning Coordinator for the San Jose Sharks

8 week program, July 7 to Aug. 26 • For male & female athletes 14 to 18 years old

Be one of the lucky few!
Enrollment is limited to 60 participants

The Total Sports Performance training program is an 8 week summer training course//camp experience for male and female athletes, ages 14 to 18. The program focuses on developing athletic abilities to help each young athlete reach the next level in their sport.

The training program will focus on each of the following performance areas:

- Dynamic warm-up
- Hip training
- Core training
- Plyometric training
- Linear and Lateral Speed Development
- Strength Training instruction
- Mobility exercises for Injury Prevention
- Post Workout stretching routines

We will evaluate each camper on athletic performance qualities at the start of camp and at the end of camp. Testing will focus on: speed, anaerobic conditioning, explosive qualities, upper body strength, and functional movement abilities. The athletic qualities that will be evaluated are functional to sport and the physical tasks involved with sport. Testing not only serves to measure where the young athletes are on the developmental scale, but it helps them to create a developmental plan for future participation in training and athletics. Total Sports Performance does not use testing and evaluation for the means of comparing athletes to athletes! Measurements help the Director plan a training program for future strength development.

Daily schedule:

Group 1 @ 1:00pm
Group 2 @ 1:45pm
Group 3 @ 2:30pm

- Warm-Up (10min)
- Hip training (10min)
- Plyometrics (8-10min)
- Speed Training (8-10min)
- Core Training (15min)
- Strength Training (30min)
- Conditioning Workout (15-20min)
- Post Workout recovery and Flexibility (5-8min)

Mike Potenza is the San Jose Sharks' strength and conditioning coordinator. He's responsible for the team's overall strength and conditioning programs—including the creation of individualized postseason workout programs and assistance in the rehabilitation efforts for all injured players.



Get strong, see a difference!

This is a unique opportunity to work with the Sharks' strength and conditioning coordinator! Anywhere else you would pay \$65-\$100 per HOUR to work with a trainer of this caliber.

Participants will receive:

- Camp T-shirt
- Water bottle
- Training program
- In-season training program
- Nutritional information packet
- Professional coaching and development advice.

Price	\$700 members \$745 non-members
Dates	Mon - Wed - Thurs, July 7 to Aug. 26 Note: First week will meet Wed - Thurs - Fri, July 7, 8, 9
Please note:	
<ol style="list-style-type: none"> 1. We cannot hold your reservation until we receive your payment in full. 2. Cancellation policy: <ul style="list-style-type: none"> • 21+ days prior to first day of camp: \$50 cancellation fee. • 15-21 days prior to first day of camp: 50% cancellation fee. • We cannot provide refunds for cancellation less than 15 days prior to the first day of camp. 	



Date: ____/____/____

OFFICE USE ONLY
Member ID _____

Membership/Release Form

Please print clearly. ALL fields are required.

Program/event you are participating in: _____

PARTICIPANT: (you may list two IF they are siblings, both under the age of 18, reside at same address, AND you are parent/legal guardian of both)

First & Last name: _____ Date of Birth (MM/DD/YY): ____/____/____ [] Male [] Female

First & Last name: _____ Date of Birth (MM/DD/YY): ____/____/____ [] Male [] Female

If participant is under 18:

Parent/Guardian name: _____ [] Mother [] Father [] Legal Guardian Date of Birth: ____/____/____

Address: _____ City: _____ State: _____ Zip: _____

Day Phone #: _____ - _____ - _____ Evening Phone #: _____ - _____ - _____ Cell Phone #: _____ - _____ - _____

Email: _____

If purchasing/renewing membership:

Membership duration: [] Year (\$99) [] Tournament (\$7) Do you have a sibling that is a member? [] Yes [] No

IN CONSIDERATION OF BEING ALLOWED TO PARTICIPATE IN ANY PROGRAM, RELATED EVENTS, AND ACTIVITIES ("PROGRAM") AT SILVER CREEK SPORTSPLEX ("FACILITY"), THE UNDERSIGNED ("PARTICIPANT") UNDERSTANDS, ACKNOWLEDGES, AND AGREES AS FOLLOWS:

1. The risk of serious injury arising from participation in the Program is significant, including the potential for permanent paralysis and death. Participant represents and warrants that Participant has no physical limitations that would prevent Participant from participating in the Program. Program rules, equipment and personal discipline may reduce the risk of injury; however, there may be risks and dangers not currently known or foreseeable arising from participation in the Program.

2. Participant KNOWINGLY AND FREELY ASSUMES ALL RISKS, both known and unknown, and whether or not such risks are foreseeable, in connection with participation in the Program. EVEN IF SUCH RISKS ARISE FROM THE NEGLIGENCE OF THE PARTICIPANT, RELEASEES (defined below) or others, Participant assumes the risk of injury or death and takes full responsibility for participation in the Program. 3. Participant willingly agrees to comply with the stated and customary terms and conditions for participation ("Rules") and to bring to the attention of the nearest official any violation of such Rules by any third party.

4. Knowing and understanding the risks inherent in participation in the Program, Participant, on behalf of himself or herself, and for Participant's heirs, executors, administrators, beneficiaries, successors, assigns, personal representatives and next of kin, HEREBY RELEASES AND AGREES TO INDEMNIFY, DEFEND, AND HOLD HARMLESS MRZ LLC, doing business as Striker's Den, Rollin' Ice, Mighty Cubs, LOL Parties, ProShop Go, and Silver Creek Sportsplex, its members, officers, officials, agents, and/or employees, other participants, Silver Creek Sportsplex, their affiliates, sponsoring agencies, sponsors, advisors, and if applicable, as well as owners and lessors of the premises used to conduct the Program ("RELEASEES") from and against any claims arising from or with respect to ANY AND ALL INJURY, DISABILITY, DEATH, loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law. PARTICIPANT SHALL NOT BRING ANY CLAIM AGAINST RELEASEES which claims concern or are connected in any way with death, injury, damage or loss arising from Participant's involvement in the Program, whenever or however they occur. In connection with such RELEASE, Participant hereby waives the protection of California Civil Code Section 1542, which reads as follows:

A GENERAL RELEASE DOES NOT EXTEND TO CLAIMS WHICH THE CREDITOR DOES NOT KNOW OR SUSPECT TO EXIST IN HIS OR HER FAVOR AT THE TIME OF EXECUTING THE RELEASE, WHICH IF KNOWN BY HIM OR HER MUST HAVE MATERIALLY AFFECTED HIS OR HER SETTLEMENT WITH THE DEBTOR.

5. PARTICIPANT (OR IF PARTICIPANT IS A MINOR, PARTICIPANT'S PARENT OR LEGAL GUARDIAN) HAS READ, UNDERSTANDS AND AGREES TO THE RELEASE OF LIABILITY, INDEMNIFICATION AND ASSUMPTION OF RISK PROVISIONS CONTAINED HEREIN. PARTICIPANT FULLY UNDERSTANDS SUCH TERMS AND PROVISIONS, AND ACKNOWLEDGES THAT BY SIGNING THIS DOCUMENT, CERTAIN SUBSTANTIAL RIGHTS HAVE BEEN GIVEN UP. EXECUTION OF THIS DOCUMENT IS REQUIRED FOR PARTICIPATION IN THE PROGRAM, HOWEVER, THIS DOCUMENT IS SIGNED FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

6. Parent/Guardian Authorization/Medical Release: Participant has my permission to participate in the Program. In the event of an emergency and in the event that I cannot be reached, I hereby give permission to the Facility staff to secure emergency transportation, including hospitalization, at my expense, to any hospital, and to authorize treatment of Participant. I understand that if Participant fails to follow the Rules, uses inappropriate language or displays inappropriate behavior, as determined by the Facility staff, Participant may be DISMISSED FROM THE PROGRAM, permanently or temporarily, WITH NO REFUND. Any image or likeness of Participant is used by MRZ LLC for promotional purposes with full permission of Participant.

Authorization:

Signature of participant, or if participant is under 18, signature of parent/legal guardian as listed above.

IF SUBMITTING BY EMAIL, you may sign electronically on the line above or check the box and initial below:

[] I agree with the above terms. Initial: _____ Initials of participant or, if participant is under 18, parent/legal guardian listed above.

How did you hear about Silver Creek Sportsplex? (Please check all that apply)

- TV (station/show: _____) Radio (station: _____) WAVE Magazine Bay Area Parent Yelp
- I'm a Club One member Attended a party/event at the plex Sharks magazine School/community event Internet search
- School flyer Direct mail Friend (Please tell us who, so we can thank them!) _____