



Basketball Strength and Conditioning 2009

Training Includes:

Plyometric, agility and jump training
Sport specific stability, core strength and power training
Eye-hand coordination
Reaction training
Game endurance and leg strength
Basketball specific conditioning
Nutritional & recovery training guidelines
Assessment and ranking

8 week program will result in:

Increased standing and game vertical jump
Increased shooting range and accuracy
Enhanced defensive strength
First step explosion
Game vision and dribbling coordination

*Dates: Sept. 8th – Oct. 30th
Tuesday/Thursday/Friday
5-6PM*

Cost: \$350 per person
(No Make-ups)
(Additional weeks are available for \$50 per week)

For more information please call:

845-462-2434

www.nssportstraining.com



You Bring the Heart, We'll Make the Athlete

Basketball Registration Packet

First Name: _____ MI _____ Last Name: _____

Address: _____ City _____ State _____ Zip _____

Phone: _____ Cell Phone: _____ Email: _____

Age: _____ Height: _____ Weight: _____ DOB: _____

Training Goals: _____ Parent's or Guardian's Names: _____

Mother's (W) phone: _____ (C) phone: _____ Father's (W) phone: _____
 (C) phone: _____

Emergency contact (in addition to parents):

1. _____ Phone: (H) _____ (W): _____
 (C): _____

Referred by: _____
 Address: _____

Please list any injuries you have had as a result of participating in a sport (If so, please describe nature of the injury and rehabilitation if any).

Please describe any medical conditions that require special attention, major surgeries, respiratory or circulatory conditions.

<i>Basketball</i>	
Date	_____
LJ	_____
VJ	_____
20yd	_____
Front	_____
Left	_____
Right	_____
Sit-ups	_____
Pushups	_____
ProAg	_____
300	_____
Pullups	_____

<i>Basketball</i>	
Date	_____
LJ	_____
VJ	_____
20yd	_____
Front	_____
Left	_____
Right	_____
Sit-ups	_____
Pushups	_____
ProAg	_____
300	_____
Pullups	_____

<i>Pre-hab Protocol</i>	
Tight:	_____
Weak:	_____
SMR:	_____
Static:	_____
Dynamic:	_____

NORTHSTAR SPORTS WAIVER FOR MINORS
**RELEASE AND WAIVER OF LIABILITY,
ASSUMPTION OF RISK, AND INDEMNITY
AGREEMENT (“AGREEMENT”)**

In consideration of participating in the training activity at NorthStar Sports, LLC I represent that I understand the nature of this Activity and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in such Activity. I fully understand that this Activity involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the event, the conditions in which the event takes place, or the negligence of the “releasees” named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and responsibility for losses, cost, and damages I incur as a result of my participation in the Activity.

I hereby release, discharge, and covenant not to sue NorthStar Sports, LLC, its respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which activity takes place, (each considered one of the “**RELEASEES**” herein) from all liability, claims, demands, losses, or damages, on my account caused or alleged to be caused in whole or in part by the negligence of the “releasees” or otherwise, including negligent rescue operations and future agree that if, despite this release, waiver of liability, and assumption of risk I, or anyone on my behalf, makes a claim against any of the “releasees”, I will indemnify, save and hold harmless each of the releasees from any loss, liability, damage, or cost, which any may incur as the result of such claim.

I have read the **RELEASE AND WAIVER OF LIABILITY, ASSUMPTION, OF RISK, AND INDEMNITY AGREEMENT**, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Date: _____

Printed Name of Participant

Signature of Participant

PARENTAL CONSENT

AND I, the minor’s parent and/or legal guardian, understand the nature of the above referenced activities, and the Minor’s experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue and **AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS** each of the Releasees from all liability, claims, demands, losses or damages on the minor’s account caused or alleged to have been caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor’s behalf makes a claim against any of the above Releasees, **I WILL INDEMNIFY, SAVE AND HOLD HARMLESS** each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any Releasee may incur as the result of any such claim.

Date: _____

Printed Name of Parent/ or Legal Guardian

Signature of Parent/ or Legal Guardian