

## Instructional Strength Training Program Information

### Instructional Strength Training Program (Middle & High School):

Classes will teach athletes strength training and the proper use of weight room equipment. Athletes will learn techniques, resistance training & other strength exercises. Athletes will also learn proper nutrition.



- \*Teaching athletes the safest and most effective ways to build strength in all of their muscles
- \*Teaching athletes proper form, repetition speed, and details regarding range of motion
- \*Teaching athletes the importance of finishing their exercise and appropriate intensity levels
- \*Class will cover details regarding performance nutrition and how to recover from workouts (pre and post workout meals)

*Middle School and High School Strength Instruction:* Age appropriate concepts of strength training & nutrition.



**Cost: \$99 for 8-session program - 4 weeks, 2 days a week for a total of 8 sessions.**  
*All athletes are eligible for this program but all middle school athletes must participate in this program before access to the weight room access is allowed.*

**MEDINA: Mondays and Wednesdays @ 4pm**  
**JANUARY 4-27, FEBRUARY 1-24, MARCH 1-24, 2010**  
**TWINSBURG: Tuesdays and Thursdays @ 5pm**  
**JANUARY 5-28, FEBRUARY 2-25, MARCH 2-25, 2010**

*Please contact Pinnacle Sports about other  
Edge Speed, Strength and Conditioning Programs*

**Jr. Edge - 8-11 year olds**  
**Speed & Agility - Middle & High School**  
**Sports Specific Speed and Strength Program**  
**Edge Team Training, Edge Personal Training, Weight Room Access**

### **PINNACLE SPORTS/EDGE IS NOW IN TWO LOCATIONS:**

**Pinnacle Sports Medina** is located 3 miles west of I-77 & 6 miles east of I-71 on Rt. 18.

**Address:** 313 Medina Rd. Medina, OH 44256

**Phone:** 330-239-0616

**Fax:** 330-239-0435

**Pinnacle Sports Twinsburg** is located on Ravenna Rd. (Rt. 82) just south of Aurora Rd.

**Address:** 9550 Ravenna Rd., Twinsburg, OH 44087

**Phone:** 330-239-0616

**Website:** [www.pinnaclesports.org](http://www.pinnaclesports.org)

**E-Mail:** [info@pinnaclesports.org](mailto:info@pinnaclesports.org)

# PINNACLE SPORTS/EDGE SPEED, STRENGTH and CONDITIONING PROGRAM REGISTRATION FORM

PLEASE PRINT

Participants Name: \_\_\_\_\_ Parents Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

DOB: \_\_\_\_\_ Email: \_\_\_\_\_

Where did you hear about us? (Friend, e-mail, mailing, website, etc) \_\_\_\_\_

PLEASE COMPLETELY FILL IN ALL INFORMATION BELOW (If multiple children, use bottom registration form for second child):

**Participant 1 Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**EDGE** Name of Program \_\_\_\_\_ Day of Week \_\_\_\_\_ Class Time \_\_\_\_\_ Cost: \_\_\_\_\_

Name of Program \_\_\_\_\_ Day of Week \_\_\_\_\_ Class Time \_\_\_\_\_ Cost: \_\_\_\_\_

**Participant 2 Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**EDGE** Name of Program \_\_\_\_\_ Day of Week \_\_\_\_\_ Class Time \_\_\_\_\_ Cost: \_\_\_\_\_

Name of Program \_\_\_\_\_ Day of Week \_\_\_\_\_ Class Time \_\_\_\_\_ Cost: \_\_\_\_\_

Please check the appropriate length of contract:

**CREDIT CARD MUST BE ON FILE REGARDLESS OF LENGTH OF COMMITMENT**

ONE MONTH Starting Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

CONTINUOUS: Starting Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

(Charged monthly fee until you cancel. Cancellation must be made three (3) days prior to ending period by emailing:  
[sauniab@pinnaclesports.org](mailto:sauniab@pinnaclesports.org).)

\*\*If paying with the continuous option by cash or check, the fee must be paid three (3) days prior to ending period or credit card will be charged.

COST: \_\_\_\_\_ AMOUNT ENCLOSED: \_\_\_\_\_ CASH: \_\_\_\_\_ CHECK #: \_\_\_\_\_

**CREDIT CARD:** **VISA** **MASTERCARD** **EXP. DATE:** \_\_\_\_\_

**CREDIT CARD #:** \_\_\_\_\_

I agree to abide by all the rules of Pinnacle Sports. I waive all claims against Pinnacle Sports for issues resulting from the activity. I agree that my photo may be used in future Pinnacle Sports publicity.

SIGNATURE \_\_\_\_\_ PRINTED NAME \_\_\_\_\_

## RETURN APPLICATION ALONG WITH PAYMENT TO:

Pinnacle Sports 313 Medina Rd. Medina, OH 44256 or you can visit our website at [www.pinnaclesports.org](http://www.pinnaclesports.org), visit The Edge page and download a registration form. For specific questions email us at [info@pinnaclesports.org](mailto:info@pinnaclesports.org) or call 330-239-0616.

### Edge Participant Checklist

- Schedule athlete assessment (Cost \$35– Ages 12+)  
**Assessment activities include:** 40 yard dash, pro agility shuttle, L-cone test, 300 yard shuttle, long jump, vertical, Vo2Max heartrate, range of motion (shoulder, hip, ankle), body composition, weight
- Download and complete an Edge Pre-Participation Form located at: <http://www.pinnaclesports.org/theedge.asp>

### **Edge Strength and Conditioning Coaches**

**Brian White NSCA-CPT-CSCS, Head Strength/Conditioning Coach**, BS, Exercise Science, Kent State University

**Jessica Markowski CSCS, PES, Assistant Strength/Conditioning Coach**, BS, Exercise Science, Slippery Rock University

**Kermit Pollard NSCA-CSCS, NPTI-CPT, Assistant Strength/Conditioning Coach**, MS, Exercise Science, California University of Pennsylvania