



August 19, 2011

Pathway School Families,

The House of Speed will team up with Pathway School again this fall to offer the Pathway/House of Speed After-School Training (PHAST) Program. The program will help students learn proper running form and they will participate in drills and exercises to help make them stronger, quicker, and faster. They will also learn about the biblical basis for good character and some critical character traits that will help them be successful in sports and in life.

In addition to the training the students will also get baseline times and measurements so they can track their progress and a video analysis of their running form.

Here is some other information about the PHAST program:

- Held on Wednesdays starting September 21st
- Runs for 8 weeks ending November 16th (no session on November 2nd)
- Starts at 3:15pm and ends at 4:30pm (12:45-2:00pm on October 5th)
- Open to all students 8 years-old and up
- Cost for the program is \$100 (minimum of 10 students)
- Missed sessions can be made up at any of our weekly Class Training Sessions in Costa Mesa, Newport Beach, and San Juan Capistrano

Feel free to contact me directly at 949.500.0015 or denny.spruce@houseofspeed.com if you have questions or need more information. You can also check us out on our website at www.houseofspeed.com/orangecounty.

His Speed,

Denny Spruce, RPh, FACHE
House of Speed- Orange County



**Registration and Medical Waiver
Pathway After-School Program**

In recognition of and with knowledge of the fact that engaging in any form of physical activity involves a substantial risk of personal injury, I, the undersigned, warrant that _____ is presently in good physical condition and hereby agree to assume the risk of any injury that may result from participation in the House of Speed- Orange County training sessions and activities.

Therefore, in consideration for being permitted to participate in such events, I hereby release, waive and forever discharge Pathway School and/or House of Speed and House of Speed- Orange County, their agents, employees and officers, from any and every claim, demand or act of whatever kind, arising from any bodily harm, personal injury or death resulting from any accident which may occur as a result of participation in such events. Further, and to the same extent and scope, I release said parties from any claim whatsoever which may be attributable to the receipt of first aid or other emergency treatment rendered me in connection with my participation in such events.

I, the undersigned, affirmatively swear that I am the parent or legal guardian of the participant and am fully competent to and do hereby execute this release and waiver on behalf of that individual, heirs or assigns. I further represent and warrant that I have read and fully understand the terms of this document and their legal significance.

In witness whereof I have voluntarily and without inducement from any party executed this Release and Waiver.

Fee is \$100 for the 8 week program. Make check payable to *House of Speed*.
Wednesdays 3:15-4:30 September 21 – November 16 (no session on Nov. 2)
(12:45-2:00pm on October 5 – minimum day)

Athlete Birth Date	/ /
Parent Name	
Address	
Phone Number	
Email	
Signature	Date: / /