



**Player contact info:**

**Medical History:**

Name: _____ Address: _____ Phone: _____ Email: _____ Age: _____ Ht. _____ Wt. _____  %Body Fat: _____ : Goal Wt: _____ Goal %Fat _____	Medical Conditions: _____ _____ _____ _____ Injuries: _____ _____ _____
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**Goals:**

Immediate: _____	Long Term: _____
_____	_____
_____	_____

**Strengths:**

**Weaknesses:**

1. _____
2. _____
3. _____
4. _____
5. _____

1. _____
2. _____
3. _____
4. _____
5. _____

**Risk Release:**

With any type of exercise there are inherent risks. BigTime Athletic Development takes every precaution necessary in an attempt to avoid injury. Regardless of precautions there is still a chance that injury may occur. With plyometrics, speed training and weight training BigTime Athletic Development pushes each athlete as far as that athlete is willing to go to reach their goals and their potential. By signing below you are acknowledging that you understand that there is potential for injury and that you are willing to take those risks and participate in the program. By signing below you and your parents are releasing BigTime Athletic Development and anyone administering the program from liability for your injury, regardless of the injury- as long as it was not due to neglect.

X.Athlete: \_\_\_\_\_

X. Parent: \_\_\_\_\_