

From 2007-2008, CORE's "athletes-in-training" roster included 31 Division I athletes and 19 Division II and III athletes in seven major sports.

## Programs available for

- Youth (ages 7-11)
- Middle School (ages 12-13)
- High School (ages 14-18)
- College
- Pro & Elite Amateur

## Level of customization

### 1-on-1

\$50+ per session

Includes a customized plan and 1-on-1 attention from a coach who specializes in your sport!

### Group

\$30 per session

Includes a customized plan and a low athlete-to-coach ratio.

### Class

\$15 per session

Each class is instructed by one of our nationally-certified coaches.

To learn more, contact:  
Chris Rudolph  
Co-Owner  
608.831.CORE (2673)  
chris@coreathletic.com  
www.coreathletic.com

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**CORE ATHLETIC** is Wisconsin's leader in performance training for athletes from youth to pro levels. With a facility designed to be an athletes' refuge – a place where athletes can take shelter from daily distractions of sport and life – you'll find a center to focus on improving your own athletic performance.

## SPECIALIZED TRACK TRAINING

Receive track-specific performance training from our Performance Specialists who have worked with Olympic hopefuls and NCAA Division I All-Americans! Our track program is event specific and focuses on developing the unique qualities it takes to be a better thrower, jumper and runner! Our focus is on making you the best track performer that you can be, given your unique set of abilities!

## Program Benefits

- Improve speed on the track, runway and in the circle
- Increase strength
- Jump higher and farther
- Improve event-specific conditioning
- Increase muscle mass
- Decrease body fat percentage
- Reduce likelihood of injury
- Boost confidence

## Choose Your Program's Emphasis

- **POWER** - focus on improving your ability to explode out of the blocks, through the ring and over the bar!
- **SPEED** - learn the keys to great running mechanics, acceleration, and top end velocity!
- **CONDITIONING** - prepare your body to out-last and out-kick the competition!
- **JUMP START** - a perfect way for young athletes (ages 7-11) to develop a strong core foundation necessary for top track performance!



*Without these guys I would not be where I am today. They made me a much more powerful, explosive and efficient athlete.*

*Luke Sullivan, 4-Time All-American thrower at UCLA  
Ranked #13 discus thrower in the USA, 2005*



Team and group discounts available.

For sign up information and upcoming class schedule, please refer to page 2 or see [www.coreathletic.com](http://www.coreathletic.com)



<b>ATHLETE INFORMATION</b>	T-shirt size	S	M	L	XL	XXL
Name:	Date of Birth:	Grade				
School:	Sport:	Coach:				
Club/School:	Sport:	Coach:				

<b>PARENT INFORMATION</b>		
Name:	Email:	
Address:	City:	Zip Code:
Home Phone:	Mobile Phone:	

### RESCHEDULE POLICY

We require **at least 12 hours advanced notice** to reschedule a 1-on-1, group, or class session or the session will be forfeited. All reschedules must be completed by the end of each 8-week season or they will be forfeited. Call 608.831.CORE (2673) to reschedule sessions.

### REFUND/CANCELLATION POLICY

I understand that my entire fee, less a \$50 nonrefundable processing fee will be refunded if such an athlete cancels at least 2 weeks prior to the first day of training. At any time after that date, I will receive a credit minus the \$50 registration fee for future instruction. I further understand that there will be no refund or credit for days unattended. CORE ATHLETIC, LLC reserves the right to cancel any program offerings or decline any application.

### WAIVER AND RELEASE OF LIABILITY

Upon payment of the initial fee, you will become a user of the CORE ATHLETIC Fitness Center ("Center"). You will be entitled to an appropriate pro-rated refund of fees actually paid to this facility. To obtain a refund, present the original white receipt of your payment and a certification by a licensed physician stating that you are restricted from using the services of this facility by reason of permanent and total disability. Upon certification (as set forth above) of a temporary physical disability, the balance of your usage will be extended during the term of such disability. You agree to obey all rules and regulations now in force or in the future prescribed by the Center for the use of the Center's facilities. CORE ATHLETIC, LLC reserves the right to revoke a user's use of the facilities if the user fails to obey any such rules and regulations. The Center cannot provide safekeeping of your personal property. If you bring items of value to the Center, you do so at your own risk. By providing your name and telephone number, you hereby expressly permit and authorize CORE ATHLETIC, LLC and Keva Sports Center representatives to contact you via telephone or the internet to discuss your interest in our programs. We reserve the right to use photos for promotional events and future use. CORE ATHLETIC, LLC will not sell your personal information to other parties. You certify, to the best of your knowledge, that you are in good physical health and have no dietary or physical restrictions which would prevent you from participating in the prescribed programs at the Center. You agree that you are not to exercise or use any equipment before you have been instructed properly by a staff member. You, as a CORE client, must follow the CORE prescribed exercise program. In the event you do not follow the CORE prescribed exercise program and you sustain an injury as result of not following the CORE prescribed exercise plan, or CORE ATHLETIC, LLC, or Breslive, LLC, or Keva Sports Center shall not be responsible for any damages sustain by you. You acknowledge that you have read the above, understand the contents and received a copy.

<b>Signature:</b>	<b>Print Name:</b>	<b>Date:</b> / /
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### HOW DID YOU HEAR ABOUT CORE ATHLETIC?

Keva Sports Center                      Sport Coach: \_\_\_\_\_                      Core Athletic Website  
 Friend: \_\_\_\_\_                      Other: \_\_\_\_\_                      Core Athletic Newsletter

### RETURN COMPLETED FORMS TO:

2275 Deming Way Ste. B100, Middleton, WI 53562  
 608.831.CORE (2673) or [info@coreathletic.com](mailto:info@coreathletic.com)