



PEAK PERFORMANCE

Northern Colorado's Premier Athletic Training Program

ATHLETES MUST READ AND SIGN

This conditioning program is for the serious athlete!!

This program is designed for those individuals who are involved in athletics who desire to be in peak physical condition for the demands of competitive sports. This program is sport specific and will demand maximum effort from all participants including athletes and trainers alike. *Peak Performance* Programs demand all athletes abide by the three D's of conditioning:

**Desire
Dedication
Determination**

I _____ hereby understand the prerequisites set by *Peak Performance* for participation in their conditioning program. I will follow these prerequisites to the best of my ability.

Athlete Signature: _____ Date: _____