



# SUMMER 2024

## ATHLETIC DEVELOPMENT PROGRAM - APPLICATION

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

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

Gender: \_\_\_\_\_ Age: \_\_\_\_\_

School: \_\_\_\_\_ Grade in Fall of 2024: \_\_\_\_\_

T-Shirt Size \_\_\_\_\_

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

Guardian's Name \_\_\_\_\_

Guardian's Email: \_\_\_\_\_ Guardian's Home #: \_\_\_\_\_

Guardian's Cell #: \_\_\_\_\_ Guardian's Bus. #: \_\_\_\_\_

Physician's Name: \_\_\_\_\_

Dr.'s Phone #: \_\_\_\_\_

### SUMMER PROGRAMS

#### PROGRAM

#### DATES

#### TIME SLOTS

Strength and Conditioning (Wt. Room + Field)

June 24 - 27

Lifting 1: 8am

July 1, 2, 3, 5

Field 1: 9:30 am

July 8 - 11

Lifting 2: 11am

Speed, Agility & Quickness (Field Only)

July 15 - 18

Lifting 3: 3:45pm

July 22 - 25

Field 2: 5:15pm

July 29, 30, 31, August 1

Lifting 4: 6:45pm

August 5 - 8

August 12 - 15

August 19 - 22

*\*Weeks can be pro rated if athlete can not attend the full week.*



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### PRICING

#### Strength and Conditioning (Wt. Room + Field)

- 1-3 weeks = \$499 per week
- 4-5 weeks = \$400 per week
- 6-9 weeks = \$350 per week

# of weeks: \_\_\_\_\_

#### Speed, Agility & Quickness (Field only)

- 1-3 weeks = \$399 per week
- 4-5 weeks = \$300 per week
- 6-9 weeks = \$250 per week

# of weeks: \_\_\_\_\_

### PAYMENT METHOD

- Cash
- Check
- Credit

Checks should be made payable to: LIFT  
 Please mail completed applications with payment to:  
 LIFT, PO Box 633, Purchase, NY 10577

#### Please charge my credit card:

Mastercard \_\_\_\_\_ Visa \_\_\_\_\_

Name on Card: \_\_\_\_\_

Card #: \_\_\_\_\_

CV Security Code (on back of card): \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Today's Date: \_\_\_\_\_

Signature: \_\_\_\_\_

As a parent or guardian of the applicant, I hereby accept the conditions of enrollment and give permission for my child to participate in the LIFT Athletic Development Program. I agree to comply with all program regulations, and hereby remove campsite, staff, management, LIFT and SUNY Purchase College and all affiliates from any and all liability for injury or damages incurred while involved in this program. LIFT retains the rights to any photographs or videotapes of the athletes taken during the program to be used for publicity or advertising.

Parent/Guardian Signature

Date