



# HOME PLATE

## STRENGTH TRAINING MEMBERSHIP

### CONDITIONING CIRCUIT

Let us plan your weekly workouts specific for you. Speed's training center is a convenient location to use before or after lessons or practice, customized for you pre season, post season and during the season.

A trained coach will be on site Monday-Thursday 5-7PM to give you the day's workout, answer questions, supervise, and assist all members or you may come any time to workout on your own during our regular facility hours.



# \* NEW \*

*TRAIN FOR POWER*  
*TRAIN FOR SPEED*

## SPEED SPORTS PERFORMANCE MEMBERSHIPS

### **SPEED**

#### STRENGTH TRAINING MEMBERSHIP

**\$19/MONTHLY**

\*INCLUDES DAILY WRITTEN WORKOUTS FOR PRE SEASON, POST SEASON,  
OR IN SEASON.  
INSTRUCTOR ON PREMISES M-TH 5-7PM  
YOU MAY WORKOUT ANYTIME DURING FACILITY HOURS

I, \_\_\_\_\_ would like to add the Home Plate Strength Training to my Home Plate Membership for an additional \$19/Month.

Signature: x \_\_\_\_\_ Date: \_\_\_\_\_

#### **To Pay with Credit Card:**

Total Price: \$ \_\_\_\_\_ CC: Master Card or Visa #: \_\_\_\_\_ Exp: \_\_\_\_\_ Code: \_\_\_\_\_

Name on Card: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**PARENTAL CONSENT AND RESPONSIBILITY WAIVER:** I, the undersigned, waive and release any and all rights and claims for damages I may have against the instructors, business, staff and all other sponsors, officials and directors for any claims of damages, demands or actions whatsoever in any manner as a result of my child's participation in any programs held at SPEED Sports Performance. I assume all responsibility for all risk associated with my child's participation in the Membership programs including but not limited to falls, accidents, contact with others, the effects of weather, including high temperatures and humidity.

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

Date: \_\_\_\_\_

Regular Hours of Operation. Monday-Friday: 8AM-9PM Saturday: 9AM-6PM Sunday: Noon-6PM

Members of Speed may come anytime during regular hours. (AGES 11U & up)

11 - 15 years olds must be supervised by an adult.

611 HWY 74 SOUTH, SUITE 800 PEACHTREE CITY, GA 30269 770-631-3044