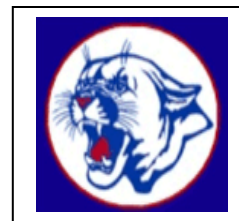




COUGAR GYM

2019 Summer Program



Our in-house strength and conditioning program is Cougar Gym, which is run through a partnership between the Janesville Craig High School Athletic Department and the **ATHLETE X FACTORY**.

Who – Boys and girls entering grades 7-12 for 2019-20 school year

When – Monday through Friday beginning **Monday, June 17 – Friday, Aug 9** (Closed on Thursday, July 4)

Where – Craig High School

Suggested Workout times (any athlete can attend any session – these are recommendations)

Cougar Gym Sessions (Mon/Tue/Wed/Thur)	Time
Block #1 [10-12 Males]	8:00 AM – 9:15 AM
Block #2 [7-12 Females]	9:00 AM – 10:15 AM
Block #3 [7-9 Males]	10:00 AM – 11:15 AM

Waiver of LIABILITY

Read this document completely before signing. Its purpose is to release Athlete X Factory LLC, and all staff from any liability resulting from your participation in the activities involved with Cougar Gym and waives all claims for damages or losses against Athlete X Factory LLC and staff. Release from responsibility, assumption of risk and waiver in consideration of my being permitted by Athlete X Factory LLC to participate in the Cougar Gym program. Exercising my own free choice to participate voluntarily in the above named activities, and promising to take due care during such participation, hereby release and discharge, indemnify and hold harmless Athlete X Factory LLC and their officers, agents, employees and any other persons or entities acting on their behalf, and the successors and assigns for any and all of the aforementioned persons and entities, against all claims, demands and causes of action whatsoever, either in law or in equity, relating to injury, disability, death or other harm, to person or property or both, arising from my participation in and/or presence at the above listed program. I acknowledge that I am aware of any hazards and risks which may be associated with my participation in the above named program and am unaware of any health issues that would preclude participation. I understand, accept and assume those hazards and risks and waive all claims against Athlete X Factory LLC, the camp staff and other persons as set forth above. I understand that I am solely responsible for any costs arising out of any bodily injury or property damage sustained through my participation in normal or unusual acts or conduct associated with the above named activities. I have had sufficient time to review and seek explanation of the provisions contained above, have carefully read them, understand them fully and agree to be bound by them. After careful deliberation, I voluntarily give my consent and agree to this release, assumption of risk and waiver. Read and executed.

NAME OF PARTICIPANT _____ Signature of Parent/Guardian _____ Date _____

**The fee is \$100 (for additional \$10 can purchase Athlete X T-shirt)
(Late Fee - \$110 fee after June 1)**

First Name _____ Last Name _____

E-mail _____ Phone # (_____) _____ - _____

Circle Grade for 2019-20: 7 8 9 10 11 12

T-Shirt Size (add \$10 - all sizes are adult): S M L XL XXL XXXL

List your Sport(s): Fall _____ Winter _____ Spring _____

Make Checks Payable to:

Athlete X Factory

Amount Enclosed \$ _____

(remember to add \$10 if purchasing T-shirt)

Send Registration Fee to:

Janesville Craig High School
 Attn: Cougar Gym
 401 S. Randall Ave
 Janesville, WI 53545

Questions – Contact Athletic Director Ben McCormick
 608-743-5245
 bmccormick@janesville.k12.wi.us

Fridays

On Fridays athletes are welcome to use the weight room and work on exercises of their choice. Friday weight room sessions are not instructor led, but the weight room is open and supervised. In addition, the fieldhouse is open and supervised for athletes wanting to work on skills. There is open gym for volleyball and basketball. These open gyms are not instructor led and participants would need to bring their own equipment.

Open Gym (Volleyball)	8:00 AM – 11 AM (FRIDAY'S ONLY)
Open Gym (Basketball)	9:00 AM – 11AM (FRIDAY'S ONLY)
Open Lift	8:00 AM – 11AM (FRIDAY'S ONLY)

Why Cougar Gym?

The Cougar Gym program strives to provide scientifically driven strength and conditioning programming for the athletes attending. This program will advance our students' athleticism while simultaneously educating them with life-long training skills.

What is Athlete X Factory?

The Athlete X Factory is a training system based on increasing speed, strength, flexibility, and power while keeping young athletes safe & injury free.

About Trainer Brad Fitzke

Brad Fitzke is the owner of Athlete X Factory. He grew up in a small farm town in the southwest part of Nebraska (Arapahoe) where he participated in Football, Basketball, Track and Baseball. He then attended Wayne State College in NE. Brad was a 4-year starter for the Wildcats football team, and obtained a BS in Exercise Science. He stayed for one more year to coach defensive backs and was an assistant to WSC's strength training coordinator. He then moved to Fort Lauderdale, FL and started his training career. He had many great mentors while he was there, and had the opportunity to train a wide variety of people ranging from young budding athletes of 5 years old, to working with people dealing with physical disabilities, and also trained professional athletes. Brad then moved to Chicago and trained for another 3 years before moving to Janesville. He has a current certification from the National Strength and Conditioning Association (NSCA) and has also furthered his training education while studying through the International Youth Conditioning Association (IYCA). The IYCA specializes in furthering the education of trainers working specifically with our young athletes. Brad is following his passion in the fitness world by working with young athletes and truly looks forward to making a difference in the athletes he works with; not only physically but in the way they approach their sporting careers and health.

***Please avoid bringing valuables to training sessions. Janesville Craig High School and Athlete X Factory are not responsible for lost or stolen items.**



Lift with your Teammates! Begin your successful sports season by lifting and training as a TEAM during the summer!!!