

# DSC HOOPS

## ATHLETE REGISTRATION FORM

Elevate Your Game

### REGISTRATION INFORMATION

Current Date:

Email Address:

### ATHLETE INFORMATION

Athlete's Name:

Phone # (if available):

Date of Birth:

Grade:

Age:

Weight (lbs) & Height (Ft/In):

Shirt Size:

Skill Level:

### PARENT / GUARDIAN INFORMATION

Parent/Guardian Name:

Email:

Phone #:

### EMERGENCY CONTACT

Emergency Contact Name:

Emergency Phone #:

### ADDITIONAL INFORMATION

How did you hear about us?

Facility Location (Select One):

\*

Andover, MA

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The Executive Health Club in Manchester, NH

# DSC HOOPS

## TRAINING PACKAGES

### Individualized/Personalized Training Packages: Must Select One \*

- Individualized/Personalized – \$150 (1 Session)
- Individualized/Personalized – \$725 (5 Sessions)
- Individualized/Personalized – \$1400 (10 Sessions)
- Individualized/Personalized – \$1925 (15 Sessions)
- No Individualized/Personalized Training Package

### Small Group Training Packages: Must Select One \*

- Small Group Training – \$85 (1 Session)
- Small Group Training – \$375 (5 Sessions)
- Small Group Training – \$700 (10 Sessions)
- Small Group Training – \$1000 (15 Sessions)
- Small Group Training – \$1250 (20 Sessions)
- No Group Training Package

### Workhouse Package (BEST VALUE): Must Select One \*

- Workhouse Package: Full Fall Package – \$2700 Sept. 2 to Nov. 22 (5 days a week, 60+ Workouts)
- No Workhouse Best Value Package

### Workhouse Package: Must Select One \*

- Workhouse All Out – YEAR ROUND PRO EXPERIENCE PACKAGE – \$25,000
- \* Inquire for more details (Designed for serious aspiring professionals)
- No Workhouse All Out Package

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## AGREEMENT & SIGNATURE

### FAMILY DISCOUNT

#### **10% Sibling Discount – Training together, growing together!**

If applicable, enter referring sibling's name:

### LIABILITY & SPORTSMANSHIP WAIVER

I, the undersigned parent/guardian, acknowledge that participation in DSC HOOPS training programs involves physical activity and potential risk of injury. I hereby release DSC HOOPS, its coaches, staff, and affiliated facilities from any liability for injuries sustained during training sessions. I agree that my athlete will demonstrate good sportsmanship, respect for coaches and fellow athletes, and will follow all facility rules and safety guidelines.

I confirm that my athlete is physically fit to participate and has no medical conditions that would prevent safe participation without prior written disclosure.

**I have read and agree to the Liability & Sportsmanship Waiver above**

\*

### SIGNATURE

Digital Signature of Parent/Guardian (First and Last Name):

\*

Date Signed: \*

# DSC HOOPS

## WEEKLY TRAINING SCHEDULE

 = Andover, MA Sessions

All other sessions hosted at The Executive Health Club in Manchester, NH

MONDAY	TUESDAY	WEDNESDAY
5:00AM - 6:30AM Breakfast Club	5:00AM - 6:30AM Breakfast Club	5:00AM - 6:30AM Breakfast Club
<b>4:00PM - 5:00PM</b> Andover Personalized Training	<b>3:00PM - 4:00PM</b> Individualized/Personalized	<b>3:00PM - 4:00PM</b> Individualized/Personalized
<b>5:00PM - 6:00PM</b> Andover: Small Group 6th & Under	<b>4:00PM - 5:00PM</b> Andover: Small Group	<b>4:00PM - 5:00PM</b> Individualized/Personalized
<b>6:00PM - 7:00PM</b> Andover: Small Group 7th & Up	<b>5:00PM - 6:00PM</b> Andover: 7th+ Girls Group	<b>5:00PM - 6:00PM</b> Training & Dev: 6th & Under
<b>7:00PM - 8:00PM</b> Andover: Small Group 9th & Up	<b>6:00PM - 7:00PM</b> On Court - All Ages	<b>6:00PM - 7:00PM</b> Training & Dev: 7th & Up
THURSDAY	FRIDAY	SATURDAY (By Appt)
5:00AM - 6:30AM Breakfast Club	5:00AM - 6:30AM Breakfast Club	8:00AM - 9:00AM Individualized/Personalized
<b>4:00PM - 5:00PM</b> Andover Training	<b>4:00PM - 5:00PM</b> Individualized/Personalized	<b>9:00AM - 10:00AM</b> Individualized/Personalized
<b>5:00PM - 6:00PM</b> Andover: Small Group 6th & Under	<b>5:00PM - 6:00PM</b> Skill Work: 6th & Under	<b>10:00AM - 11:00AM</b> Skill Work: 6th & Under
<b>6:00PM - 7:00PM</b> Andover: Small Group 7th & Up	<b>6:00PM - 7:00PM</b> Skill Work: 7th & Up	<b>11:00AM - 12:00PM</b> Skill Work: 7th & Up
<b>7:00PM - 8:00PM</b> Andover: Small Group 9th & Up		

### SMALL GROUP SESSIONS INCLUDE:

On Court (Tuesdays) - Game situations & court awareness

Training & Development (Wednesdays) - Skill building & fundamentals

Skill Work (Fridays & Saturdays) - Intensive technique refinement