

SMHC Sports Performance Center

Summer High School TRAINING PROGRAM



FREE program for high school athletes in 00B.
First come, first served — with a max of 24 athletes.

WEEKLY SESSIONS: MONDAYS & WEDNESDAYS

June 28, 30 | July 7, 12, 14, 19, 21, 26, 28 | August 2, 4
9 a.m. | 00B High School

Following the latest CDC/Maine Community Sport Guidelines with safety as our top priority.

.....

QUESTIONS?

Email: RUSirois@smhc.org
Phone: 207-294-8448
Fax: 207-282-2122
12 Thornton Avenue
Saco, ME 04072

CHECK US OUT/UPDATES

Website: smhc.org/sports
Facebook: [facebook.com/
SouthernMaineHealthCare](https://facebook.com/SouthernMaineHealthCare)
Twitter: @SPCAthlete
Instagram: @SPCAthlete

SIGN UP TODAY!

Fill out the registration form and mail, fax or scan it to Rick Sirois.
See Rick's contact information to the left.

Scan, fax or mail completed form to: Rick Sirois MS, LATC, CSCS
(E) RUSirois@smhc.org | (F) 207-282-2122 | 12 Thornton Ave Saco, ME 04072

REGISTRATION FORM

ATHLETE'S INFORMATION

Name: _____ Date of Birth: _____

Address: _____

School: _____

Sports: _____

Email (for weather updates): _____ Phone #: _____

EMERGENCY CONTACT

Name: _____ Phone #: _____

Relation: _____ Email: _____

Insurance Company: _____ Policy #: _____

LIST THE FOLLOWING: (EXPLAIN THOROUGHLY ANY "YES" RESPONSES)

Any medical conditions/injuries currently under treatment that we need to be aware of:

Any Medications that could affect exercise tolerance? Please list:

Any Asthma or Allergies: _____

Do you carry an Epi-Pen: _____ Inhaler: _____

A Medical Waiver will be provided upon registration. This will need to be completed to participate in the program.