



Dryland Training Program Application

The Dryland Training Program is a **fitness and exercise program** for youth aged 9-13. All exercises, from warm up movements to strength training to agility and cardio training, are carefully chosen and workouts are created with specific goals in mind - to improve strength and conditioning using safe and age appropriate exercises while showing youth that exercise can be fun and enjoyable. Dryland Training workouts are designed to help improve agility, balance, coordination & strength, building skills to complement an athlete's abilities and strengthen their overall performance. The Dryland Training Program is based on guidelines laid out by the CanfitPro Youth Fitness program, Hockey Canada's Off Ice Training Program and USA Hockey's DryLand Training Program.

Participant Information

Name: _____

Birthdate: _____ **Age:** _____

Sport: _____

Medical Information: *Please list significant historical or recent injuries here, including concussions*



Parent/Guardian Contact Information

Name: _____

Relation to Child: _____

Phone Number: _____ **Work Number:** _____

Email Address: _____

Name: _____

Relation to Child: _____

Phone Number: _____ **Work Number:** _____

Email Address: _____

Participants may apply for TWO (2) Dryland Training sessions per week. Please circle your preferred day(s) below:

Monday 3:45pm - 4:45pm

Tuesday 3:45pm - 4:45pm

Wednesday 3:45pm - 4:45pm

Thursday 3:45pm - 4:45pm

Behavior Contract



The Dryland Training Program is an educational fitness program. Participants will be actively engaging in exercise and will be using a range of weights and equipment. Active participation and safe handling of all weights and equipment is required of all participants attending the program.

Please ensure that participants fully understand the nature of this program.

Participants will be expected to:

- a) Attend all sessions prepared to exercise - workout clothes, running shoes and water bottles are a must.
- b) Be attentive and ready to learn.
- c) Participate to the best of their ability.
- d) Use all weights and equipment safely with guidance and instruction from the Fitness Instructor.

Parent Initials

Participant Initials

Participants who fail to abide by the above guidelines will be:

- 1) Given up to three warnings regarding their behavior.
- 2) Given a timeout after which they will be invited to rejoin the session.
- 3) Asked to leave the session for the remainder of the day. A conversation with parents will be required prior to the participant returning to the next session.
- 4) Removed from the Dryland Training Program entirely.

If a participant is removed from the program due to behavior, a refund will NOT be provided.

Please note that parents/guardians will be notified of misbehavior during class and will be informed if any of the above discipline procedures are used.

Parent Initials

Participant Initials

I have read and understand the behavior expectations and discipline policy outlined above. I understand and accept that if I/my child repeatedly disregards the rules of the Dryland Training Program, they may be removed from the program with no refund given.

Parent Signature

Participant Signature