

Mountain River Physical Therapy
Athletic Performance

High Speed Treadmill Training

High speed treadmill training consists of five components to develop an athlete's speed - lateral agility, running form, functional mobility, strength, recovery time and confidence. Participants will be pushed to maximum levels while developing superior outcomes for any athletic pursuit.

8 Week Program

3 days per week – Monday, Wednesday, Thursday

Training – January 3, 2011—February 24, 2011

Cost - \$350.00

**Athlete's eligibility to train on high speed treadmill subject to instructor's discretion throughout program.*

For information, please call Joe Leaman, MS, ATC

304-834-2614 or 304-428-1703



Elite Sports Center Location
2000 1st Avenue
Parkersburg, WV 26101

Phone (304) 428-1703
www.mountainriverpt.com



Elite Sports Center
 Registration Form
 Waiver / Liability Release

1212 Garfield Avenue, Suite 200 ♦ Parkersburg, WV 26101 ♦ 304-865-6778 ♦ 304-865-7400

Today's Date:	Family Doctor:	Specialist:
Patient's Name:	Address:	
Birth Date:	SSN#:	Sex: <input type="checkbox"/> Male <input type="checkbox"/> Female
Phone Number:	Emergency Contact	
Cell Number:	Name:	
Email:	Phone Number:	
Student:	School: Team: Coach: Grade:	
Medical History:		
If Patient Is A Minor		
Father's Name:	DOB:	Phone:
Mother's Name:	DOB:	Phone:
Waiver Statement (Must Be Signed to Participate)		
<p>I recognize that injury may be sustained because of the potentially hazardous nature of this activity. In the event of such injury to myself or my child, if or when my spouse or I cannot be contacted I give permission to MRPT staff to make medical decisions either to provide first aid treatment, provide physical therapy or call EMS as would be normal, and I agree to pay the usual charge for such treatment. I agree to abide by all facility and equipment rules, regulations, and standards of conduct. I also understand that Mountain River Physical Therapy LLC reserves the right to remove patrons who do not obey the rules, regulations, and standards of conduct. I now release Mountain River Physical Therapy LLC, its employees, agents, and assigns from any and all claims, causes of action suits, and related rights for himself/herself, his/her estate, his/her heirs; administrators, executors, etc. for any and all injuries, illnesses, and damages sustained as a result of participation at Mountain River Physical Therapy LLC. This release applies to any present or future injuries and it binds my heirs, executors, and administrators. I understand that participants may be videotaped or photographed during this activity. I release the rights of those video tapes and photographs to Mountain River Physical Therapy LLC. I have read this release and all of its terms. I sign it voluntarily and with full knowledge of its significance. This agreement shall become effective as the date signed below.</p>		
Signed—Participant or Parent/Legal Guardian (if under age 18)		Date