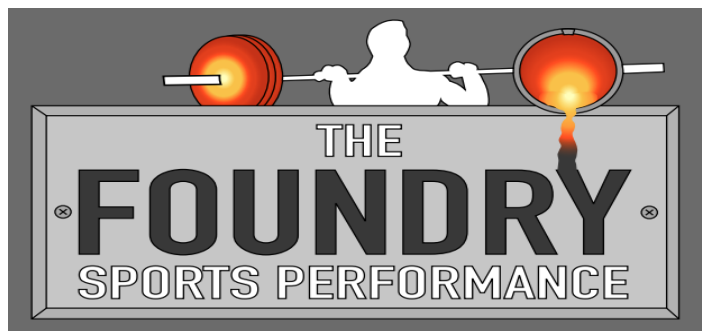


HARVARD SPECTRUM PRESENTS:



Bromfield Athletics Pre-Season Strength & Conditioning

- **7 Week Training Program—\$200**
 - Tuesday/Thursday 2:30-3:45
 - Oct 2 – Nov 15, 2018
 - 14 Training Sessions

Intended for but not limited to Bromfield Winter Sports to prepare for the rigors of their upcoming season. Sessions will take at place at Bromfield in the weight room, gymnasium, and fields if weather is suitable. Will include speed/agility training with emphasis on sprinting, jumping, cutting mechanics for maximum power output and injury reduction as well as full body resistance training circuits to improve strength and durability for the long season to come.

The Foundry Sports Performance Training Methodology

- Increase Power, Agility, and Speed
- Gain Strength and Improve Conditioning
- Better Quality of Movement and Reduced Risk of Injury
- Nutritional Guidance for Performance



Program Director, Hunter Granville, CSCS, USAW

Certified Strength and Conditioning Specialist and USA Weightlifting Sports Performance. Bachelor of Science in Kinesiology from UMASS Amherst and former UMASS Amherst Assistant Strength & Conditioning Coach. Former Bromfield Varsity Soccer and Baseball player and captain.

The Foundry Sports Performance, 285 Ayer Road, Harvard, MA 01451 978-239-9067 huntergranville@gmail.com



**SPECTRUM REGISTRATION FORM: 2018 STRENGTH & CONDITIONING
THE FOUNDRY SPORTS PERFORMANCE**

Fall 2018 Pre-Season Strength & Conditioning Program for Winter Sports

Name _____ Gr Fall 2018 _____

Allergies _____

Address _____

Phone _____ e-mail _____

Parent Name _____

Parent Work Phone _____ Cell# _____

Emergency Contact & phone _____

(Other than parent, in case parent cannot be reached)

Physician/Phone _____

Health Plan & Number _____

Use this form or register online at www.psharvard.org Checks should be made payable to TOWN OF HARVARD

REFUND POLICY: No refunds or credits. Check will be returned only if a class is cancelled.

For any questions or concerns, please contact Judy Cavanaugh or Hunter Granville.

I, the undersigned, attest I am the parent or legal guardian of the above named child who attends the Community Education/SPECTRUM program and agree to allow him/her to participate in the above listed SPECTRUM class. I further agree to indemnify and hold harmless the staff, administrators, and official assistants and to absolve them from any and all liability arising from my child's participation in this activity.

I have read and am fully aware of the policies (ie. late pick up, refunds etc.) of Harvard Community Education and the SPECTRUM Program.

PARENT/GUARDIAN SIGNATURE DATE

Harvard Community Education, 39 Massachusetts Ave., Harvard, MA 01451 978-456-4118
jcavanaugh@psharvard.org

