



Southern Lions Rugby Union Football Club
Success Regional Sports Facility, 359 Hammond Road, Success, WA 6164
PO Box 3769 Success WA 6964
<http://www.southernlionsrufc.com>

High Performance Strength and Conditioning Program

2012 - 2013

I _____ would like to participate in the program.

I understand that this program is being run by volunteers who need a commitment from all participants.

I will attend all sessions as programmed or advise the coaches of my inability to attend any sessions prior to any sessions to be missed.

I will be punctual to all sessions and will participate fully in all sessions unless injured or ill.

I understand that failure to commit or advise of any absences will jeopardise my involvement in the program.

My Contact Details are:

Address: _____

Phone No: _____

Email: _____

Parents Names (If Under 18): _____

All the above details need to be filled out and the form signed prior to participation in the program.

Signed:

Date:

Participant
