

APT

Arizona Performance Throws is dedicated to TRACK and FIELD ATHLETES in Arizona and beyond who want to take their skills to the next level. Middle School, High School and College - beginner through advanced; Luke Sullivan has helped hundreds of athletes become their best since 1999.

Summer 2017

Session 1

Monday June 5,12,19, 26

Tuesday June 6,13,20,27

Thursday June 8,15,22,29

Session 2

Monday July 10,17,24,31

Tuesday July 11,18, 25

Thursday July 13, 20, 27

Tuesday Aug 1

Thursday Aug 3

11:30am-12:45pm

All practices will be held at
Cactus Shadows High School
5802 E Dove Valley Rd
Cave Creek, AZ 85331

- Why APT? Luke Sullivan has worked with athletes from all sports and developed complex conditioning plans to make them their very best! Luke Sullivan's athletes have
 - Qualified for the State meet(AZ & WI) over 500 times
 - Won 40+ WIAA & AIA State Championships
- Coaching: Drawing from his competitive experience, Luke has extensive knowledge coupled with the ability to convey it to athletes in a simplified and easily applied way. Conditioning programs are hand tailored to the specific event and athlete!
- When: APT meets Mondays, Tuesdays and Thursdays. Session I starts June 5 and Session II begins July 10. Pick one or do both.
 - M, T & TH - 11:30am-12:45pm

• WHERE: Cactus Shadows High School, Cave Creek, AZ 85331

• COST: Session I- \$199 for - 12 sessions.

Session II- \$199 for 12 sessions.

Session I & II- Join both and save even more!!!

- \$349 for 24 Sessions

A La Carte- Purchase individual sessions for \$35 each

Questions: Contact Luke Sullivan- luke@lukesullivandiscusthrower.com



Arizona Performance Throws
Is a USATF certified and insured track club

Become a part of the Greatest Track & Field team in the world, become a USATF member, visit their website at: <http://www.usatf.org/membership/>

Compete for Luke Sullivan's Arizona Performance Throws by becoming a USATF Member

2017

APT

Registration (please print)

Athlete's Name: _____ Male Female (circle)

Optional: Are you a 2017 USATF member? Yes No if yes: Membership # _____
Sign up now at www.usatf.org its only \$20. Register as a Luke Sullivan's AZ Perf Throws Club # 48-046

School Attending: _____ Middle High College (circle)
Track/Throws Coach Name: _____

Grade in school NEXT YEAR: (Circle) 6 7 8 9 10 11 12 College FR SO JR SR

What events do you do? (Circle one) Discus & Shot Put Discus Only Shot Put only

Personal Bests: Shot Put _____ Discus: _____

Years of Throwing Experience: (Circle one) 0 1 2 3 4 5 More _____

Parent/Guardian Name(s) _____

Address _____

Home Phone# _____ Athlete Cell# _____ Emergency # _____

Parent Email _____

please write legibly

Athlete Email _____

please write legibly

T-Shirt Size (circle) S M L XL XXL

Questions?????? Contact Coach Luke Sullivan at luke@lukesullivandiscusthrower.com

AZ Performance Throws Membership		
Session 1 Shot Put/Discus Throwing	\$209	
Session 2 Shot Put/Discus Throwing	\$159	
Session 1 & 2 Shot Put/Discus Throwing	\$339	
Session 1 Strength & Conditioning	\$199	
Session 2 Strength & Conditioning	\$199	
Session 1 & 2 Strength & Conditioning	\$349	
Ala Carte Throws	X\$35	
Ala Carte Strength & Conditioning	X\$35	

Make checks payable to:
Luke Sullivan
Send Registration, Waiver, and
payment to:
Pinnacle Fitness
c/o Luke Sullivan
8900 E Pinnacle Peak Rd
Suite E6
Scottsdale, AZ 85255

WAIVER AND RELEASE OF LIABILITY

2017 Strength & Conditioning Training Dates: 11:30am-12:45pm

June 5, 6, 8
June 12, 13, 15
June 19, 20, 22
June 26, 27, 29
July 10, 11, 13
July 17, 18, 20
July 24, 25, 27
July 31, Aug 1, 3

I do hereby release and forever discharge , Luke Sullivan, Luke Sullivan's Arizona Performance Throws, Pinnacle Fitness, the Cave Creek Unified School District and its employees and representatives from any and all claims, demands, actions, causes of action, judgments, expenses, injuries to person(s) or property sustained or incurred in connection with, or as a result of my participation in the Luke Sullivan's Arizona Performance Throws. I agree to hold Luke Sullivan, Luke Sullivan's AZ Performance Throws, Pinnacle Fitness, the Cave Creek Unified School District wholly harmless for any and all liability, loss, expense, or damage it may incur by virtue of allowing me to participate in the Luke Sullivan's AZ Performance Throws, to use its facilities, or to participate in its activities or programs.

Photographic Release

I hereby authorize and give full consent to Luke Sullivan's Arizona Performance Throws to publish all photographs taken by them in which I may appear. Luke Sullivan's Arizona Performance Throws may exercise the right in any way see fit for its publications, exhibitions, public displays, media material and for any other purposes without limitations or reservation, or any fee.

I have read, understand, and agree to the above waiver and release.
I understand that I give up substantial rights by signing it and I sign up voluntarily.

Participant's Name (print) _____

Participant's Signature _____

Date _____

Parent/Guardian Name(s) (print) _____

Parent/Guardian Signature _____

Date _____