

APT

Arizona Performance Throws is dedicated to TRACK and FIELD THROWERS 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 throwers become their best since 1999.

Summer 2018

Sessions

Tuesday	June 5
Thursday	June 7
Tuesday	June 12
Thursday	June 14
Tuesday	June 19
Thursday	June 21
Tuesday	June 26
Thursday	June 28

10:15am-11:30am

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

- Why APT? New or experienced, lets do the work it will take to get better. Luke Sullivan's throwers 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.
- **WHEN:** Arizona Performance Throws meets Tuesdays and Thursdays. Session I starts June 6.
 - T & TH - 10:15am-11:30am
- **WHERE:** Cactus Shadows High School, Cave Creek, AZ 85331
 - **Conditioning at: Pinnacle Fitness**
 - **Throws practice at: Cactus Shadows High School Field House**
- **WEATHER:** We will practice rain or shine
 - In severe weather conditions we will notify you of cancellations
 - APT has some shots/discus for you to use but please bring your own.
- **COST:** Session I- \$209 for - 8 sessions.

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



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

2018

APT

Registration (please print)

Athlete's Name: _____ Male Female (circle)

Optional: Are you a 2018 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

Other _____ (write in)

Personal Bests: Shot Put _____ Discus: _____ Other: _____ (write in)

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	Price	
Session 1 Shot Put/Discus Throwing	\$209	
Session 1 Strength & Conditioning	\$199	
Session 2 Strength & Conditioning	\$199	
Session 1 & 2 Strength & Conditioning	\$349	
Ala Carte Throws	X\$35	

Make checks payable to:
Pinnacle Fitness
 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

2018 Luke Sullivan’s Arizona Performance Throws Practice Dates: 10:15am-11:30am

June 5
June 7
June 12
June 14
June 19
June 21
June 26
June 28

All Practices held at:
Cactus Shadows High School
Field House
5802 E Dove Valley Rd
Cave Creek, AZ 85331

Tuesdays & Thursdays

2018 Strength & Conditioning Training Dates: 1:30pm-2:30pm or 2:30pm-3:30pm

June 4, 5, 7
June 11, 12, 14
June 18, 19, 21
June 25, 26, 28
July 9, 10, 12
July 16, 17, 19
July 23, 24, 26
July 30, 31 Aug 2

M-T-TH

All Conditioning sessions at:
Pinnacle Fitness
8900 E Pinnacle Peak Rd
Suite E6
Scottsdale, AZ 85255

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 _____
