

# 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 2017

### Session 1

Tuesday June 6  
Thursday June 8  
Tuesday June 13  
Thursday June 15  
Tuesday June 20  
Thursday June 22  
Tuesday June 27  
Thursday June 29

### Session 2

Tuesday July 11  
Thursday July 13  
Tuesday July 18  
Thursday July 20  
Tuesday July 25  
Thursday July 27

**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 and Session II begins July 11. Pick one or do both.
    - T & TH - 10:15am-11:30am
  - WHERE: Cactus Shadows High School, Cave Creek, AZ 85331
  - 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.  
Session II- \$159 for 6 sessions.  
Session I & II- Join both and save even more!!!
    - \$339 for 14 Sessions
- A La Carte- Purchase individual sessions for \$35 each

Questions: Contact Luke Sullivan- [luke@lukesullivandiscusthrower.com](mailto: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](http://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](mailto: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 Luke Sullivan’s Arizona Performance Throws Practice Dates: 10:15am-11:30am**

June 6        July 11  
June 8        July 13  
June 13       July 18  
June 15       July 20  
June 20       July 25  
June 22       July 27  
June 27  
June 29

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

**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, 12  
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** \_\_\_\_\_

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