



PRE-SEASON CONDITIONING AND TRAINING PROGRAM

Testing Day:
June 13th Poway HS Track
12:00 - Boys
12:30 - Girls

RANCHO BERNARDO COMMUNITY PARK

Table with 6 columns: Day, Date, Time 1, Age Group 1, Time 2, Age Group 2. Rows include dates from June 14th to July 1st for Boys U15-U16 and Girls U15-U16.

Fee: \$25 payable to FC San Diego, player release must be submitted prior to participation.

Form fields for Athletes Name, Address, City, State, Zip, Home Phone, Mobile, and Medical Insurance Policy #.

I hereby acknowledge that participation in the aforementioned event is voluntary and that with every athletic endeavor, there is a risk of injury and/or illness. I hereby confirm that my child is medically fit to engage in athletic activities...

Parent's Signature Athlete under the age of 18 []