



What kind of training gets you to the top?



P.A.S.S. Performance Training & Circle City Volleyball Club have partnered to offer you the intense training you need to improve your abilities and your game. P.A.S.S. has trained many top area teams, including:

Avon High School Heritage Christian High School Perry Meridian High School Cardinal Ritter High School

as well as many area club teams and top-level players from the junior high level to the college level. The P.A.S.S. program is custom designed to improve your strength, reaction, power, agility and overall athletic ability. This program will be more intense and much more beneficial than any training program you may have previously experienced and you will see improved results. So if moving quicker on the court or jumping higher for those blocks is important to you, then the P.A.S.S. program is right for you.

“PASS pushed the girls to their limits and the work they put in was intense. PASS gave my Avon Volleyball Team results, the results that helped them have an extremely successful season.”
Scott McQueen, Avon High School, Circle City Volleyball Club

Training Program:

- **Classes begin - January 8th**
- **Classes will be each Friday - class minimum 8**

5:30PM (Junior High/High School)

6:30 PM (Open to all ages)

- **Cost per month \$70**
- **Second Session will begin February 5**

Registration - please email Jaime to confirm that you will be signing up for the class and which time you will be signing up for.

Jaime.bowling@sbcglobal.net

“PASS has added a new dimension to our volleyball training program at Heritage. Our team is stronger, quicker and has more endurance for the long matches. The PASS trainers design a sports specific program for our team and then push them to new levels with each work-out. A must for any team wishing to compete at the highest level!”
Varsity Coach, Heritage Christian HS



2010 P.A.S.S. & Circle City Training Program

Release Authorization for Emergency Treatment Waiver of Liability, Assumption of Risk, Indemnification

In case of an emergency, I authorize the staff of Circle City Volleyball Club and/or PASS Performance Training (LLC) to obtain whatever medical treatment they deem necessary for the welfare of the minor child listed below.

I hereby release, waive and discharge Circle City Volleyball Club, PASS Performance Training (LLC), its' staff and volunteers, from liability from any and all claims, including negligence, resulting in personal injury, accidents or illness, and property loss arising from participation in the PASS Performance Training program.

I understand that participation in a sports program carries certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries to participants. I voluntarily and knowingly acknowledge, accept and assume these risks.

I agree to indemnify and hold harmless Circle City Volleyball Club, PASS Performance Training (LLC), its' staff and volunteers, from any claims arising out of any injury, whether the result of negligence or any other cause.

_____ Date

_____ Signature of Parent/Legal Guardian

_____ Address of Parent/Legal Guardian

Emergency Contact Information

_____ (_____) _____
Emergency Contact Relationship Emergency Contact Phone

Last Name _____ First Name _____ Age _____

Circle City Team _____ Coach's Name _____

Home Address _____ City _____ Zip _____

E mail _____ Phone number _____

Medical Issues _____ Cash _____ Check # _____ (payable to PASS Performance Training)

All registration forms & payments should be given to Jaime the first day of class. Any questions about the training program should be addressed to Jaime Bowling at either 317-841-7277 or Jaime.Bowling@sbcglobal.net