

Todd Devers Sports Performance Camp

Thursday, December 28th and Friday, December 29th

5th-8th Grades 9am-11am

9th-12th Grades 1pm-3pm

Location: Cheyenne Wells School New Gym

EDUCATION

University of Northern Colorado, Greeley, Colorado

Bachelor of Arts: Kinesiology

Emphasis: Fitness and Exercise

Minor: Biological Sciences

CERTIFICATIONS

*Certified Strength and Conditioning Specialist/National Strength and Conditioning Association

*Certified Strength Coach/International Sports Sciences Association

*APEX Certified Fitness Professional

*Certified in CPR/First Aid/AED

BIO

I began my career in strength and conditioning working with the Colorado Xplosion in 1998 (professional women's basketball). I then moved on to Fast-Twitch Sport Performance Center in Dallas, Texas where I was the Head of Strength and Conditioning. I soon took on the role as Marketing Director and finally was awarded the title of Director of Business Development. After 6 years with the company I was hired on by the Dallas Cowboys as an Assistant Strength and Conditioning Coach. While I worked with the Cowboys I was also the Head Strength and Conditioning Coach for the Dallas Desperados of the Arena Football League. After 5 years with the organization I moved on to the University of Connecticut where I was the Strength and Conditioning Coach for football, men's and women's tennis, and men's golf.

I have been blessed to work with a number of talented athletes over my career ranging from junior high on up to professional. I have worked with just about every sport throughout. Along with those listed above, I have also had the privilege of training volleyball, soccer, hockey, figure skating, baseball, softball, and believe it or not, rodeo athletes.

PHILOSOPHY

Each sport requires a specific focus. There are basic fundamentals that overlap each sport. However, within each sport there are sport specific drills/lifts/techniques that are required for the athlete. This is where my knowledge and experience are applied. I look to increase strength, speed, and power. I also look to improve first step quickness and lateral movement. Flexibility and core strength are stressed in my programs. Finally, my goal is to have each team I work with better conditioned than the opponent. While all of this is very important, none of it will be accomplished without proper food intake, adequate hydration, and rest. My goal is to educate and teach each athlete to maximize their full potential. With 100% focus and effort all of those listed can and will be improved!

Camper Name

First: _____ Last: _____ Gender: Male ___ Female ___ Grade: _____

Parent/Guardian - Contact Information

First: _____ Last: _____ Contact phone #: _____

E-mail: _____

Camp Fee - \$30/Camper (Includes T-Shirt): Make Checks Payable to Marcy Brossman

T-Shirt Size:

Youth S ___ Youth M ___ Youth L ___ Youth XL ___ Adult XS ___ Adult S ___ Adult M ___ Adult L ___ Adult XL ___ Adult 2XL ___

Registration Deadline Monday, December 18th
Turn payment and forms in at the school front office.

WAIVER AND RELEASE OF LIABILITY

In consideration of the risk of injury while participating in the Todd Devers Sports Performance Camp (the "Activity"), and as consideration for the right to participate in the Activity, I hereby, for myself, my heirs, executors, administrators, assigns, or personal representatives, knowingly and voluntarily enter into this waiver and release of liability and hereby waive any and all rights, claims or causes of action of any kind whatsoever arising out of my participation in the Activity, and do hereby release and forever discharge Todd Devers, located at 1212 Raintree Drive #D094, Fort Collins, Colorado 80526, his affiliates, managers, members, agents, attorneys, staff, volunteers, heirs, representatives, predecessors, successors and assigns, for any physical or psychological injury, including but not limited to illness, paralysis, death, damages, economical or emotional loss, that I may suffer as a direct result of my participation in the aforementioned Activity, including traveling to and from an event related to this Activity.

I AM VOLUNTARILY PARTICIPATING IN THE AFOREMENTIONED ACTIVITY AND I AM PARTICIPATING IN THE ACTIVITY ENTIRELY AT MY OWN RISK. I AM AWARE OF THE RISKS ASSOCIATED WITH TRAVELING TO AND FROM AS WELL AS PARTICIPATING IN THIS ACTIVITY, WHICH MAY INCLUDE, BUT ARE NOT LIMITED TO, PHYSICAL OR PSYCHOLOGICAL INJURY, PAIN, SUFFERING, ILLNESS, DISFIGUREMENT, TEMPORARY OR PERMANENT DISABILITY (INCLUDING PARALYSIS), ECONOMIC OR EMOTIONAL LOSS, AND DEATH. I UNDERSTAND THAT THESE INJURIES OR OUTCOMES MAY ARISE FROM MY OWN OR OTHERS' NEGLIGENCE, CONDITIONS RELATED TO TRAVEL, OR THE CONDITION OF THE ACTIVITY LOCATION(S). NONETHELESS, I ASSUME ALL RELATED RISKS, BOTH KNOWN OR UNKNOWN TO ME, OF MY PARTICIPATION IN THIS ACTIVITY, INCLUDING TRAVEL TO, FROM AND DURING THIS ACTIVITY.

I agree to indemnify and hold harmless Todd Devers against any and all claims, suits or actions of any kind whatsoever for liability, damages, compensation or otherwise brought by me or anyone on my behalf, including attorney's fees and any related costs, if litigation arises pursuant to any claims made by me or by anyone else acting on my behalf. If Todd Devers incurs any of these types of expenses, I agree to reimburse Todd Devers.

I acknowledge that Todd Devers, his volunteers, representatives and agents are not responsible for errors, omissions, acts or failures to act of any party or entity conducting a specific event or activity on behalf of Todd Devers.

I ACKNOWLEDGE THAT THIS ACTIVITY MAY INVOLVE A TEST OF A PERSON'S PHYSICAL AND MENTAL LIMITS AND MAY CARRY WITH IT THE POTENTIAL FOR DEATH, SERIOUS INJURY AND PROPERTY DAMAGE. The risks may include, but are not limited to, those caused by terrain, facilities, temperature, weather, lack of hydration, condition of participants, equipment, vehicular traffic and actions of others, including but not limited to, participants, volunteers, spectators, coaches, event officials and event monitors, and/or producers of the event.

I ACKNOWLEDGE THAT I HAVE CAREFULLY READ THIS "WAIVER AND RELEASE" AND FULLY UNDERSTAND THAT IT IS A RELEASE OF LIABILITY. I EXPRESSLY AGREE TO RELEASE AND DISCHARGE TODD DEVERS AND ALL OF HIS AFFILIATES, MANAGERS, MEMBERS, AGENTS, ATTORNEYS, STAFF, VOLUNTEERS, HEIRS, REPRESENTATIVES, PREDECESSORS, SUCCESSORS AND ASSIGNS, FROM ANY AND ALL CLAIMS OR CAUSES OF ACTION AND I AGREE TO VOLUNTARILY GIVE UP OR WAIVE ANY RIGHT THAT I OTHERWISE HAVE TO BRING A LEGAL ACTION AGAINST TODD DEVERS FOR PERSONAL INJURY OR PROPERTY DAMAGE. To the extent that statute or case law does not prohibit releases for negligence, this release is also for negligence on the part of Todd Devers and camp volunteers.

In the event that I should require medical care or treatment, I agree to be financially responsible for any costs incurred as a result of such treatment. I am aware and understand that I should carry my own health insurance.

In the event that any damage to equipment or facilities occurs as a result of my or my family's willful actions, neglect or recklessness, I acknowledge and agree to be held liable for any and all costs associated with any actions of neglect or recklessness.

This Agreement was entered into at arm's-length, without duress or coercion, and is to be interpreted as an agreement between two parties of equal bargaining strength. Both the Participant, _____, and Todd Devers agree that this Agreement is clear and unambiguous as to its terms, and that no other evidence will be used or admitted to alter or explain the terms of this Agreement, but that it will be interpreted based on the language in accordance with the purposes for which it is entered into.

In the event that any provision contained within this Release of Liability shall be deemed to be severable or invalid, or if any term, condition, phrase or portion of this agreement shall be determined to be unlawful or otherwise unenforceable, the remainder of this agreement shall remain in full force and effect, so long as the clause severed does not affect the intent of the parties. If a court should find that any provision of this agreement to be invalid or unenforceable, but that by limiting said provision it would become valid and enforceable, then said provision shall be deemed to be written, construed and enforced as so limited.

In the event of an emergency, please contact the following person(s) in the order presented:

Emergency Contact	Contact Relationship	Contact Telephone
--------------------------	-----------------------------	--------------------------

PARENT / GUARDIAN WAIVER FOR MINORS

In the event that the participant is under the age of consent (18 years of age), then this release must be signed by a parent or guardian, as follows:

I hereby certify that I am the parent or guardian of _____, and do hereby give my consent without reservation to the foregoing on behalf of this individual.

Participant's Name: _____

Parent / Guardian Name: _____

Relationship to Minor: _____

Phone: _____

Signature: _____

Date: _____