

Youth Performance Intake Form

\$129/mo · 2x per week (8 sessions)

Coached speed, agility, and strength in small groups of 4–6 athletes.

Athlete Information

Athlete Full Name: _____

Date of Birth: _____

Age: _____

Grade / Year in School: _____

School or Team: _____

Sport(s) Played: _____

Primary Position: _____

Parent / Guardian (if under 18)

Parent / Guardian Name: _____

Relationship to Athlete: _____

Phone Number: _____

Email Address: _____

Home Address: _____

Emergency Contact Name & Phone: _____

Training Goals & Health

Primary Training Goal: _____

Current Injuries or Limitations: _____

Prior Strength / Speed Training (Yes / No + details): _____

Preferred Training Days & Times: _____

Package Confirmation

I am enrolling in: **Youth Performance** — \$129/mo · 2x per week (8 sessions)

Athlete Signature: _____

Parent / Guardian Signature (if under 18):

Date: _____

Return completed form to xpresstraining@protonmail.com or bring it to your first session. Xpress Sports Training · 7012 N. 56th Avenue, Glendale, AZ 85301 · (480) 223-2951