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**Free Virtual Training Program**

**Overview**

Pursuit Athletic Centre is pleased to announce the launch of our Virtual Training Program (VTP). This program will provide 1 hour virtual training sessions, 2 times per week, with one of our expert Performance Coaches. The sessions will take place via Zoom and come complete with live demonstrations, instruction, and support for athletes aged 16 and younger. The main goal of the VTP is to prepare athletes for return to competition and practice when provincial restrictions are eased. Each session will focus on improving movement, mobility, explosiveness, strength, balance, and co-ordination, with minimal requirements for gym equipment and space.

**Specifics**

The VTP will be divided into 2 separate groups: Middle School (ages 11-13) and High School (ages 14-17) with the following schedule:

Monday: High School (ages 14-17) 430-530pm and Middle School (ages 11-13) 6pm-7pm

Thursday: High School (ages 14-17) 430pm-530pm and Middle School (ages 11-13)6pm-7pm

Prior to each workout, a Pursuit Performance Coach will send out an email with a list of suggestions for equipment to be utilized in session. Suggestions will be helpful in assisting you get the most out of each session. The program will begin Monday January 24th.

**Registration**

To register for our VTP, each athlete will have to register and pre-pay for a 2-month Pursuit Athletic Centre training membership. The membership will be placed on account for use at Pursuit Athletic Centre once provincial restrictions are lifted. The pre-paid membership will not expire and is non-transferrable. **With registration and purchase of the 2-month membership, the VTP program is FREE!**

Simply fill out the registration form attached and send to [wayne@jointhepursuit.com](mailto:wayne@jointhepursuit.com). Once your registration form is received you will receive the Zoom invites and password to our VTP.

**Social Media Contest**

We want to see you in action! Record clips of your training sessions and tag us on Instagram @Pursuit\_Athletic\_Centre with #MyPursuit. For each post with appropriate tag and hashtag you will be entered into a draw to win an additional 2-month membership!

If you have any questions, please contact [wayne@jointhepursuit.com](mailto:wayne@jointhepursuit.com). Let’s make the most of these challenging times and get moving!



**Virtual Training Program Registration Form**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Athlete: |  | | | | | Birthdate: | | | Age: |
| Address: |  | | | | |  | | |  |
| Phone: |  | | | | | Province: | | | Postal Code: |
| Email: |  | | | | |  | | |  |
| **Program (circle one)** | |  |  |  | Middle School- $119.99 per month | |  | High School- $179.99 per month | |

AUTHORIZATION AGREEMENT FOR PREAUTHORIZED PAYMENTS:

I(We) hereby authorize Pursuit Athletic Centre Inc. hereinafter called COMPANY, to initiate debit entries, and corrections thereto, to my(our) Credit Card account indicated below and the depository or credit card named below, hereinafter called DEPOSITORY.

CREDIT CARD TYPE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ CREDIT CARD EXPIRATION DATE:\_\_\_\_\_\_\_\_\_\_\_\_

CARD NO.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ SECURITY CODE:\_\_\_\_\_\_\_\_\_\_\_\_

Name (Please Print):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Pursuit Athletic Centre

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