



Participation to an Athletic Development Program

Parental consent 2015-2016

This form is to be filled by a parent or legal guardian and returned to XR Performance on the day of the initial fitness evaluation.

Last name : _____ First name : _____

Age : _____ Date of birth : _____

A) Parental consent

I hereby give permission for my child to participate in a training program designed by Xavier Roy of XR Performance as part of an athletic development program and he/she:

- consents to undergo a global assessment of his physical condition;
- has the obligation to inform Xavier Roy of XR Performance if he/she experiences pain, unusual fatigue or any other symptoms;
- is invited to ask questions and request information on the different methods used and that, at any time.

Signature : _____

- Father
- Mother
- Legal guardian

Date : _____

B) Young athlete's consent

I hereby accept the terms outlined in this document.

Young athlete's signature : _____ Date : _____

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