

Performance One's Ranger Boot Camp™ is taught by a former Top Army Ranger Sniper. Participants will go through intensive 3 day a week physical conditioning program that will last 4 weeks. Your instructor will guide you through Phases of training that will strength the body in a variety of combat specific exercises.

Who should take this camp?

1. Pre-Military Enlistee's
2. Police & SWAT Personnel
3. All Athletes
4. General Fitness Enthusiasts
5. Anyone Looking for a Challenge

Warning this is not a beginners class! All individuals must come into the camp with a baseline level of physical conditioning. The class will slow down for no one!



Ranger Tough!

The Army Rangers are our Nations top special operations team. Their job requires them to be in the best physical condition everyday to perform their duty.



**Be the best
by training
with the best!**

Ranger Boot Camp will condition your body through:

1. Running
2. Calisthenics
3. Plyometrics
4. Team Building Interval

Performance One's Ranger Boot Camp™

Where: Holmes Park, Mesa, AZ

When: Mon, Wed, & Fri
Beginning in Feb , 2010

Time: 6-7: AM

Price: \$250 for 4 weeks
Day Drop in \$40
**\$50 one time enrollment*

Registration: Online or in person the day of the camp.

www.performanceone.net

Make Checks Payable to
Performance One
Advanced Sports Training

Name: _____

Address: _____

Number: _____

Email: _____

Age: _____

T-Shirt Size: **S M L XL**

Emergency Contact: _____

Number: _____

Waiver & Release

I acknowledge, appreciate and agree that: Risk is inherent in participation in any exercise, and in related training and discipline, including risks from the use of equipment and facilities, the risk of injury does exist, as well as the risk of damage to or loss of property; These risks I deemed extensive and extensive and severe bodily injury, paralysis, dismemberment, disability, death, harassment, and exposure to inappropriate conduct. I knowingly and freely assume all such risks; both known and unknown, even if arising from the negligence of their leases or others; I, for myself, and on behalf of my heirs, assigns, personal representatives, and next of kin, hereby release, hold harmless and promise not to sue Performance One Advanced Sports Training, Inc. Giuseppe Micela, or other sponsoring organizations, their officers, coaches, volunteers, staff, sponsors, and/or agents, ("Releases") with respect to any and all injury and or loss arising from my participation, whether caused by the participation.

I have read this Release of Liability and Waiver Agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

Participant's Signature

Date _____

Participant's Name (Printed)

Date _____

FOR PARTICIPANTS OF MINORITY AGE

This is to certify that I/we as parent(s)/guardian(s) with legal responsibility for this participant, do consent and agree not only to his/her release, but also for myself/ourselves, and my/our heirs, assigns and next of kin to release and indemnify the Releases from any and all Liability incident to my/our minor child's involvement as stated above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

Parent/Legal Guardian Signature

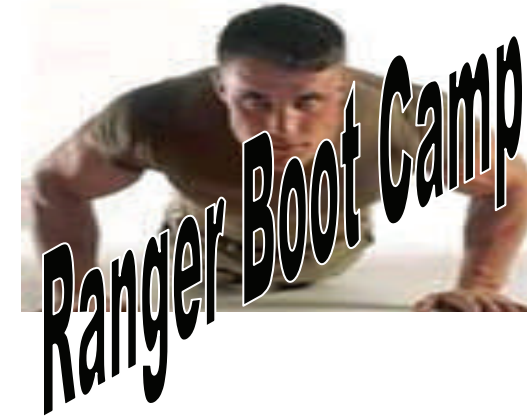
Date _____

Parent/Guardian Name (Please print)

Date _____

**Director of Sports Performance
Joe Micela
BS, CSCS
USAW US International Coach**

Joe Micela started Performance One back in 2000 with one goal in mind, "To contribute my knowledge, enthusiasm, and experience to the development of superior athletes." Along with running Performance One Joe Micela is the President of Team Arizona Weightlifting. The most successful Olympic Weightlifting Club in the Southwest. Coach Micela was an Interim Head Strength and Conditioning Coach at Northern Arizona University and a Grad-Assistant Strength and Conditioning Coach at Arizona State University. Joe Micela was born in Philadelphia, PA and grew up in Southern New Jersey. He attended Rutgers University and Arizona State University on a wrestling Scholarship. Graduating from ASU with a degree in Exercise Science and Physical Education. Joe holds the title of US International Coach from USA Weightlifting and is certified from the National Strength and Conditioning Association. Coach Micela has lectured throughout the country on benefits of Strength and Conditioning for all sports. Joe Micela resides in Mesa, AZ with his wife Libby and their son Antonino.



There is only one authentic exercise Boot Camp in the Valley:

***Performance One's
Ranger Boot Camp™***

Prepare for the ultimate training experience of your life!

**www.performanceone.net
480-813-5477**