



Developing the dominant athlete.
PAT ADAMS PRESIDENT

5460 Wegman Drive Suite 1 - Valley City, Ohio 44280 - Phone: 330.220.6600 - Fax: 330.220.6633 - pat@xpresssportstraining.com

If you are interested in starting a workout program or attending a free trial workout, please fill out the following prior to your arrival:

ATHLETE PROFILE

NAME: _____ DATE: _____

PRINT

ADDRESS: _____

CITY

ZIP

PHONE: _____ SECONDARY: _____

FATHER'S NAME: _____

MOTHER'S NAME: _____

AGE: _____ HT: _____ WT: _____ GRADE: _____ DOB: _____

SCHOOL: _____

SPORT TRAINING: _____

E-MAIL: _____