



An upbeat, positive environment for local athletes where we help you move better, avoid injury, get stronger and build speed and power.

# QUESTIONNAIRE

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Name (please print)

Birthdate

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Sports you play

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Past injuries?

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Goals

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Email

Phone number

Shirt size

I understand that Wildcat Sweat is for local athletes who want to improve in the off season. Workouts are created to improve athletic ability. I will wear appropriate workout gear and shoes. I will act in a responsible, respectful manner and give my best. I release Bay Athletic Club from liability in the event of injury.

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Signature

Date

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Parent Signature

Date