

Bulldog Sports and Fitness Registration Form 2010

Player Information:

Name: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Home Phone: _____

Cell Phone: _____

Email: _____

Age: _____ Height: _____ Weight: _____

Parents Name
(s): _____

Doctor's
Name: _____

Insurance Policy

How did you hear about
us? _____

Fitness Classes

Bulldog Sports and Fitness offers a variety of classes sure to meet the needs of every child, teenager and adult. Whether it is an introduction to sports, fitness for your young child, speed and strength coaching for your teenage athlete, or for the mom who loves to work out with her friends; Bulldog Sports and Fitness has the fitness class for you!

Family Fitness

Enjoy an hour of fun physical activity with your entire family. Bulldog Sports and Fitness will adapt exercises from all of our classes to bring a little bit of everything to your family. Whether it be a family game of flag football, an hour of intense training through some of our bootcamp core exercises, or separate options for mom and dad and the kids, we will help you and your entire family stay fit while having fun together!



About Coach Lawrence McNeil

Coach Lawrence was born and raised in the San Mateo area. Growing up he played various organized sports including Little League and Pop Warner. While an accomplished athlete on the fields, Coach Lawrence's dedication and love of athletics allowed him to excel in football in particular. After a successful collegiate and semi-pro football career, Coach Lawrence spent time as a football coach and substitute teacher at various schools around on the peninsula and as a coach for various kids' fitness classes in the Menlo Park area. Now with 10 years of experience working with children and multiple academic achievements, Coach Lawrence brings a level of dedication and commitment to your health and fitness goals that is unparalleled in the area.

"My vision of spreading health and fitness is at the heart of why I founded Bulldog Sports and Fitness. Through Bulldog, I hope to play a critical role in the development of a child's lifelong love of fitness and to instill a fundamental appreciation for healthy living in children and adults alike. Bulldog Sports and Fitness has provided me with this incredible opportunity and I am committed to building a lasting legacy of health and wellness in the community today that will ensure a better and healthier future tomorrow."



Bulldog Sports and Fitness



"THE BAY AREA'S PREMIER
MOBILE FITNESS TRAINING FOR
ADULTS AND CHILDREN"

**BULLDOG SPORTS AND
FITNESS**
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WWW.BULLDOGSPORTSANDFITNESS.COM

BULLDOG MISSION STATEMENT

Bulldog Sports and Fitness is dedicated to enriching people's lives through health and fitness. We hope to inspire a love of physical activity in men, women and children of all ages that will last a lifetime. By creating a fun, safe, secure, and healthy environment where kids and adults will flourish physically and mentally.

Adult Bootcamp

Spend an hour working out with your friends or co-workers at one of our bootcamp classes. Our bootcamps are fast-paced, exciting total body workouts for men and women dedicated to maintaining a high level of fitness. Designed to encourage you to push yourself to your full fitness potential, our bootcamps are available for people of all fitness levels. With a focus on high intensity interval training, circuit training and dynamic stretching, our bootcamp classes promise an hour of exercise that will help tone and strengthen your body, increase your endurance and improve your overall health and well-being!



Personal Training

Bulldog Sports and Fitness is committed to bringing health and fitness to your life. We offer specialized training programs customized to fit your individual goals and needs. With academic training in exercise science, fitness assessment, exercise programming and nutrition, Bulldog Sports and Fitness is dedicated to helping you achieve your full fitness potential. Through our personal training programs, you will receive a customized training program that includes cardio, weight training, and stretching. We build progressive training programs based in your fitness goals and monitor your progress through monthly assessments. Our personal training sessions offer an intense workout in the environment of your choice. Whether it is in the privacy of your home, outside at the track, or at the park down the street, we bring fitness to you. Each one hour session will give you a total body workout that will leave you feeling great and on your way to achieving your health and fitness objectives.

Kids Fitness Classes

Our kids' fitness classes are designed for children of all ages. With an emphasis on gross and fine motor skill development, and hand eye coordination, our fitness classes help each child build basic fitness skills that will serve them for a lifetime. For younger children classes focus on simple stretching exercises and fun games that encourage children to use their bodies and develop a love of physical activity. For older children this class emphasizes overall health and fitness through more complex activities that encourage kids to further develop fine and gross motor skills and hand eye-coordination. All kids develop an appreciation of physical activity in their lives and the importance of maintaining a healthy lifestyle as they grow. In addition, sports mentoring and early understanding of sportsmanship are emphasized. While this class concentrates on overall fitness, it can be adapted to focus on seasonal sports such as soccer, baseball, etc.



Flag Football

This introductory flag football class is designed for 5-9 year old boys and girls. Children develop basic football skills through passing, throwing and kicking drills. Overall health and fitness, benefits of exercise and the importance of agility are emphasized in addition to a fundamental understanding of the game of football. Class ends with a fun, friendly game of flag football.



Birthday Parties

Let us plan your child's next birthday party! Boys and girls of all ages will love being part of a Bulldog birthday party! We can coordinate everything from the location, the party favors, t-shirts and of course all the fun. Kids will enjoy an hour of organized activity including basic stretching, games and activities that all children enjoy being a part of and even a game of flag football to finish off the party. At a Bulldog birthday party, mom and dad can sit back and enjoy watching all the kids have a great time with all of our dedicated and fun coaches