



**Capital Region<sup>®</sup>**

**SPORTS MEDICINE**

An Affiliate of  Health Care

**Better. Every day.**

**TERMS AND CONDITIONS –  
ATHLETES IN TRAINING: FOCUS  
ON INJURY PREVENTION**

- Once the completed Consent Form is sent to MBlochberger@crmc.org, an athletic trainer will review the form to verify there are no disqualifying factors. After review, an ATC will contact the participant’s guardian to confirm or deny program participation.
- Payment will be made upon approval of Consent Form through the membership office. Cost of program is as follows:
  - o Focus Group – CRMC-affiliated athlete: \$150
  - o Focus Group – All other athletes: \$165
  - o Personal Training – CRMC-affiliated athlete: \$160
  - o Personal Training – All other athletes: \$175
- Each participant will be evaluated by use of the Functional Movement Screen prior to the start of the program, instructed on corrective exercises based on their specific dysfunctions, and re-tested with the FMS at the end of the program.
- Each participant will be provided with a home exercise program to continue improvement on dysfunction(s) and for use before practices or games to decrease injury risk, and a Sam B. Cook Healthplex t-shirt. They will receive a copy of pre- and post-test FMS scores.
- **Refunds will only be issued if cancellation occurs before the deadline to register. No refunds will be given if the athlete misses a session.**
- No make-up sessions will be scheduled.
- Participation in this program does not guarantee an injury will not occur, but an individual’s adherence to the exercise prescription given in the program and at home will decrease their risk of injury. It can also increase their performance capabilities through promoting quality movement patterns.

***I agree to the above Terms and Conditions in its entirety.***

\_\_\_\_\_  
(Signature of parent/guardian)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Signature of participant)

\_\_\_\_\_  
(Date)