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Long Island Sports and Fitness Expo

October 16-18, 2009

Suffolk Community College, Brentwood, Long Island, NY.

Ultimate Fitness Challenge Registration Form

I would like to reserve a spot to compete in the Long Island Sports and Fitness Expo **ULTIMATE FITNESS CHALLENGE**, sponsored by CATZ (Competitive Athlete Training Zone), October 16-18, 2009 at Suffolk Community College, Brentwood, NY.

Please fax (631-423-0567) or mail the completed Registration and Waiver Forms:

Long Island Sports & Fitness Expo, Ultimate Fitness Challenge, 114 West Hills Road, Huntington Station New York 11746.

This event is free to all entrants who pre-register to compete. All entrants who pre-register also receive Free Admission to the LI Sports & Fitness Expo. Space is limited and is on a first come, first serve basis! Good Luck To All Athletes!

We will crown a Long Island Grand Champion in each age group. Each athlete will receive a complete print-out and evaluation of their athleticism by CATZ, providing a base-line score or time for speed, agility, upper body strength, core strength, lower body power and anaerobic endurance. Each category will then be compared to a national sampling of athletes in each age group and sport.

Events are as follows:

40 Yard Dash, 5-10-5 Agility Shuttle, Vertical Jump, Kneeling Medicine Ball Throw, 300 Yard Shuttle.

Please register me for (circle one): Saturday – October 17 Sunday – October 18

We Will Call You To Confirm Time!

First Name: _____ Last Name: _____ (Male) or (Female)

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-Mail: _____

Age: _____ Date of Birth: _____ Approx. Weight: _____ Height _____

Condition of Health: _____ Any physical ailments: _____

Participant Signature: _____ Date: _____

Signature of Parent or Guardian (if participant is under 18 years of age): _____