



Deerfield High School Track & Field

REFLEXIVE PERFORMANCE RESET PERMISSION



REFLEXIVE PERFORMANCE RESET (RPR) PARENT/LEGAL GUARDIAN PERMISSION:

I hereby grant _____ permission to participate in Reflexive Performance Reset (RPR) being performed by a certified RPR professional with Deerfield High School Track & Field coaching staff.

I understand that this involves physical coach to athlete contact. Also, I understand that athletes are not required to do this activity and can opt-in or opt-out at any time. Athletes will be taught the technique to use this process on themselves on their own time. Coaches will supervise and help athletes refine their technique as well as to help problem solve with any specific Resets the athlete might be struggling with.

Parent(s) or legal guardian(s), of the above mentioned athlete, are welcome to witness a demonstration of this technique before giving permission to athletes under the age of 18, and can contact Head Coach Ryan Brown at RBrown@dist113.org or Assistant Coach Matt Brown at Mabrown@dist113.org with any questions or concerns.

Athlete Name (Print)

Athlete Signature

Date

Parent Name Printed (if under 18)

Parent Signature (if under 18)

Date

* This document is valid for the calendar year in which this document is signed and must be re-signed each year after expiration. (January 1st – December 31st) *