



2001 Municipal Court  
 Harrison City, PA 15636  
 724-744-2171, ext. 204/205  
 724-744-2172 fax

Mon-Fri, 9:00am-4:00pm  
 www.PTARC.org  
 Facebook.com/ptarc recreation

## ACL Tear Prevention

ACL tears can be an athletes worst nightmare. Surgery followed by 6-9 months of rehab before returning to sports can lead to frustration, depression and delayed dreams. There are steps that can be taken to lessen chances of injury.

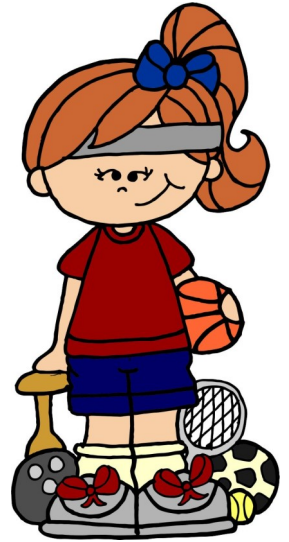
**Instructor:** Mike Huffman-Owner and Physical Therapist of Penn-Trafford Physical Therapy

**Location:** Penn Trafford High School LGI Room

**Date:** Wednesday, March 27

**Time:** 6:00-7:30 pm

**Fee:** PTSD Residents \$9



Name Attending \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_  
 (if under 18) (if under 18)

Email Address \_\_\_\_\_

Please circle where you live: Penn Borough Manor Trafford Penn Township Non-Resident

Primary Phone \_\_\_\_\_ Alternate Phone \_\_\_\_\_

Medical / allergy Considerations \_\_\_\_\_

**Adult participant signature required below. Parent signature required below for all participants under the age of 18.**

The undersigned individual (parent or guardian if under age 18) represents that the registrant is in good health and can participate in the above listed activity and with prior knowledge of the physical nature of the activity releases Penn-Trafford Area Recreation Commission (PTARC), and Department, the Penn-Trafford School District, the Borough of Manor, the Borough of Penn, the Borough of Trafford, Penn Township, and/or its affiliates or subsidiaries, officers, directors, agents, or employees from any and responsibility for injury to the registrant through negligence or otherwise while he/she is participating in the activity. The parent, guardian, or participant assumes all risks inherent in the activity and will hold the Penn-Trafford Area Recreation Commission and Department, the Penn-Trafford School District, the Borough of Manor, the Borough of Penn, the Borough of Trafford, Penn Township, and/or its affiliates or subsidiaries, officers, directors, agents, or employees harmless from any and all claims or causes of action that may arise from this activity. The undersigned individual also hereby gives permission to Penn-Trafford Area Recreation Commission to use photographs of the participant for the promotion of Penn-Trafford Area Recreation events and programs. The participant agrees to hold the Penn-Trafford Area Recreation Commission, the Penn-Trafford School District, the Borough of Manor, the Borough of Penn, the Borough of Trafford, Penn Township, and/or its affiliates or subsidiaries, officers, directors, agents, or employees free and harmless from liability of any nature.

*Clip here, save the top for your information, return bottom portion. Make checks Payable to PTARC Please mail to:  
 PTARC  
 2001 Municipal Ct.  
 Harrison City, PA  
 15636*

\*PARENT or Guardian SIGNATURE

DATE

Want to pay by Visa, MasterCard or Discover?.....Just visit our website at [www.ptarc.org](http://www.ptarc.org) to register with a credit card