



## **REGISTRATION FOR ALL MEMBERS**

**September 10, 2009**

**7:00 to 8:30 p.m.**

**Community Room, Dalewood Recreation Centre  
(corner of Dalewood and Main Street West)**

**If you are unable to attend registration night, please ensure that all items are handed to the Club Treasurer, (Peter Summers, 905-577-6249) or Registrar, (Helen Powers, 905-527-3652) prior to your athletes' first practice.**

**BECAUSE OF INSURANCE REGULATIONS, ATHLETES WILL NOT BE ALLOWED TO ATTEND PRACTICES UNTIL ALL CHEQUES AND INFORMATION HAVE BEEN RECEIVED. THIS INCLUDES SWIM ONTARIO AND OAT MEMBERSHIPS, AND ATHLETES MUST BE A MEMBER OF ONE OR THE OTHER**

**New Registrations are accepted at any point during the year.**

**Team clothing will be available for order / purchase on Registration night.**

**Please come to registration night with your forms completed in full OR be sure to bring all necessary information:**

- Ontario Association of Triathletes number
- email address
- Health Card number
- emergency contact information
- doctor's contact information

**A complete registration package will consist of the following forms and cheques:**

- HHAC Membership Application form signed by parent/guardian.
- The Athlete Code of Conduct signed by the athlete.
- PIPEDA form signed by the parent/guardian.
- Parent Responsibility form signed by parent/guardian.
- Assumption of Risk Agreement form signed by the parent/guardian and athletes over aged fifteen.
  
- HHAC Membership Fees: Nine (9) post dated cheques dated the 1st of each month from October 2009 - June 2010. See membership fee chart below for appropriate fee structure.
  
- OAT Membership Fee: Cheque dated for September 10, 2009 if you are not already an OAT member.
  - \$25 for under 16 years as of December 31, 2009
  - \$40 for 16 to 19 as of December 31, 2009
  - Those who were OAT members in 2009 will renew in February 2010 with the club.
  - OR if in the 'Run Only' squad, appropriate Minor Track or Athletics Ontario membership (fees vary with age and competition; please ask a coach or treasurer about the membership best suited to your athlete)

Please have all required cheques, all made payable to **Hamilton Hammerheads A. C.** with the appropriate dates.

Please be sure to have your e-mail address(s) with you. The coaches and the board use e-mail wherever possible. If you have a change in address, phone number or any other pertinent information, please inform the Coaching Manager, Treasurer or Registrar as soon as possible so that our records may be updated.

## CLARIFICATION TO 2009-2010 REGISTRATION:

- Training fees are payable as one cheque or in 9 monthly post-dated cheques. Training fees are for the entire year. Training fees for part of the year are the monthly instalments up to the full annual rate and not the annual fee divided by 12 and refunds will be calculated as such (ie. based on the instalments).
- 30 days notice must be given in writing to the team treasurer in order to withdraw from the club. For example if you wish to withdraw from the club on December 1, notice must be given **before** November 1. If proper notice is given, all cheques will be returned.
- You **cannot withdraw after June 1**. For example, a triathlete's June instalment is still due even if you will not be present during the summer.
- If your registration and/or training fees become **overdue** by more than a week, athletes will not be allowed to attend any further practices until payment arrears are settled.
- There will be a \$25.00 charge for any NSF cheques.
- For 2009-2010 there is no pay-per-practice option.
- Training fees for all athletes except Swimmer Novice are for the year payable in 9 monthly instalments.
- Training fees for Novice Swimmers are for 9 months payable in 9 monthly instalments.
- **For anyone joining after September** the instalment schedule will be accelerated such that all fees are paid by June 1, 2010.

**Family Membership Rate:** 10% off the Club Training Fees for each additional family member less than or equal to the member with the highest fee rate. For example: Family with 3 Intermediate members, Triathlete 1 (\$1080), Triathlete 2 (\$1080) and one Novice with Extra swim (\$495). First member pays \$1080.00 or \$120.00/month over 9 months October to June. Second member pays (10% off 1080) \$972.00 or \$108.00/month over 9 months October to June. Third member pays (20% off 495) \$396 or \$44/month over 9 months October to June.

**Membership Subsidy:** The board recognizes that some members of the club may experience from time to time financial difficulty in meeting the club training fees. Therefore, the board has set aside a small fund to support these athletes. In order for a family to access these funds for the 2009 / 2010 year the following steps must be followed:

- a) A request for support must be submitted by the family to Kidsport for each athlete. Go to Kidsport website for applications and instructions (<http://www.kidsport.on.ca/granting.html#apply>).
- b) Upon approval of Kidsport funding, the club will match these funds to a maximum of \$250 per athlete.
- c) Upon receipt of the funds from Kidsport, the club Treasurer will divide the remaining fees owing for the year amongst the remaining months and notify the family of their new fee structure.
- d) Post-dated cheques for the new fee structure must be submitted to the Treasurer prior to the athlete participating in training.
- e) If funding support is not received by the club prior to October 1, 2009, the family is required to pay full fees until funding from Kidsport is received. The payment of these full-time training fees will be calculated into the new fee structure for the remaining months after funding is received.

### **Other Costs you may encounter during the year:**

- swimming, triathlon or running race entry fees
- membership fees for Swim Ontario, Minor Track Association or Athletics Ontario in order to compete in their events (swim, cross-country or track meets); coaches will inform you of the costs and need for these memberships which may take up to two weeks to process
- entry fees to some parks, clubs or facilities at which a practice is scheduled
- equipment and cycle rentals
- occasional work out days (in past, at McMaster University) at less than \$10 per person
- equipment and clothing purchases as necessary (check with coaches or other members for retail locations which typically offer discounts to Hammerheads)
- team clothing ordered through the club
- parking costs at certain practice facilities (ie. McMaster parking lot)

**Fundraising:**

Fundraising and volunteering your time are **necessary** activities and are the primary reason why our membership training fees are low and thus your assistance is required to keep the fees as low as possible.

The Fundraising and Public Relations Committee has the following events planned for this year. Any other ideas/activities must be approved by the Board/Fundraising Committee, but suggestions will be gratefully accepted. It is expected that you volunteer your time whenever possible.

- Cycle wash at the Paris-Ancaster race (April)
- Volunteering at some race events

**Other Volunteering:**

Throughout the year there are many opportunities to volunteer your time. Some of this volunteering leads to cash back to the club. Other volunteer time does not have financial benefits to the club but does give the club visible kudos. Some of these events that anyone can do, include time-keeping and marshalling at swim events and water stations, road block, etc assistance at road races and triathlons run by other clubs and organizations.

Personal donations and corporate sponsorships orchestrated by club members are always welcome; speak to a board member about opportunities but these do not count towards your required fundraising and volunteering.

**Storm and Weather Policy:**

If schools are shut down, all practices will be cancelled for that day and will not be re-scheduled.

Outdoor cycling practices will be cancelled due to rain or if the pavement remains wet and slippery and cannot always be re-scheduled. Run practices go in all weather except electrical storms at the site of the practice, at the discretion of the coach on-site.

## 2009-2010 SQUAD OVERVIEW & MEMBERSHIP FEES

The coaching staff has created a training structure which includes both a competitive stream of training and a recreation stream of training to meet the needs of all the athletes. The coaching manager will discuss with each athlete their goals and training commitment in order to place them in the most appropriate training squad.

While there are specific squads set up within the Hammerhead structure, the main focus of the club is to ensure that our young athletes can experience a wide variety of sporting opportunities. Depending on an athlete's ability, age and other sport participation the coaching group may have an athlete "mix and match" their participation within the groups outlined below.

For example, some athletes too young for the Senior Group can and will be given the opportunity to participate in some of that group's workouts on a selective basis (ie. after consultation with the coaching manager).

The training group/level that an individual is assigned will be determined by guidelines established by the Coaches and the club's LTAD. The schedule has already been produced for each level but is subject to change throughout the year as athlete numbers, weather and availability of sports facilities changes.

What is LTAD? In simple terms LTAD is a sports development model intended to produce a long-term approach to maximising individual's potential and lifelong involvement in sport. The model promotes the tailoring of a child's sport development programme to suit their stage of physical growth and maturation, as well as psychological and social development. Appropriate training activities in children's formative years are essential to coincide with accelerated periods of learning and adaptation. Our club developed an LTAD prior to the Provincial and National LTAD documents were developed for Triathlon. The club, Ontario and Canadian LTAD documents differ slightly. The club will follow the club LTAD where differences exist.

All athletes will meet at the same time for practices other than swims. Therefore, you will be placed into your appropriate ability and required training sub-groups (lanes) at the practice, depending on the type of practice.

The **Senior Competitive** program is based on a minimum age and swim ability as determined by the coaching manager. Training with this group is a serious, dedicated and full-time training commitment.

Your total number of practices should be in line with the club's Long-term Athlete Development (LTAD) whether these practices are with one or more sports associations. All physical activity completed or to be completed by the athletes must be reported to the coaching manager. This is due diligence so that practices with the Hammerheads does not cause injury due to excessive or inappropriate physical activity. Again this year parents will be required to sign a Code of Conduct which stipulates that they agree to report these activities to the Head Coach.

**Please discuss with the coaching manager any questions or concerns you may have of your athlete's placement within the squad structure.**

## MEMBERSHIP FEE CHART FOR 2009 / 2010

Squad	Age	Workouts	Annual Cost	Monthly Cost
Novice	under 10	3 per week: <ul style="list-style-type: none"> <li>• 2 swims</li> <li>• 1 run</li> </ul>	\$405.00 October to June	\$45.00 October to June
Novice Plus	under 10	4 per week (fall & winter): <ul style="list-style-type: none"> <li>• 2 swims</li> <li>• 2 runs</li> </ul> 2 per week (spring & summer): <ul style="list-style-type: none"> <li>• 1 run</li> <li>• 1 bike</li> </ul>	\$495.00 October to June	\$55.00 October to June
Intermediate Recreation	10 to 14	4 per week (fall & winter): <ul style="list-style-type: none"> <li>• 2 swims</li> <li>• 2 runs</li> </ul> 2 per week (spring & summer): <ul style="list-style-type: none"> <li>• 1 run</li> <li>• 1 bike</li> </ul>	\$810.00 October to August	\$90.00 October to June
Intermediate Competitive	10 to 15	up to 7 per week: <ul style="list-style-type: none"> <li>• 3 – 5 swims</li> <li>• 2 runs</li> <li>• 1 additional</li> </ul>	\$1080.00 October to August	\$120.00 October to June
Senior Recreation	14 to 18	4 per week:	\$810.00 October to August	\$90.00 October to June
Senior Competitive	13 and over, girls 14 and over, boys	up to 8 per week (up to 10 per week in November with cycling): <ul style="list-style-type: none"> <li>• 5 – 6 swims</li> <li>• 2 runs</li> <li>• some workouts on own</li> </ul>	\$1350.00 October to August	\$150.00 October to June
Run Only	all ages	3 per week	\$405.00	\$45.00
Out of Town / Weekend	all ages	Occasional	\$50.00	\$7.50 per practice

## WORKOUT GROUP SCHEDULE FOR 2009 / 2010

	Senior Competitive	Senior Recreation	Intermediate Competitive	Intermediate Recreation	Novice
<b>Monday</b>	Swim: McMaster 7 – 8:30	Bike/ Swim: McMaster 8 – 9:30	Swim: McMaster 8 – 9:30	Swim: Jimmy Thompson 4:30 – 6	off
	Bike or Run on own: 30 – 45 mins				
	(Alternate swim: McMaster 5:30 – 7 AM)		(Alternate swim: McMaster 5:30 – 7 AM)		
<b>Tuesday</b>	Run: 5:30 – 6:45	Run: 5:30 – 6:45	Run: 5:30 – 6:45	Run: 5:30 – 6:45	Run: 5:30 – 6:45
<b>Wednesday</b>	Swim: Pinky Lewis 5:15 – 6:45	Bike/ Swim: McMaster 8 – 9:30	Swim: Pinky Lewis 5:15 – 6:45	Swim: Pinky Lewis 5:15 – 6:45	Swim: McMaster 6:30 – 7:30
	Bike or Run on own: 30 – 45 mins				
	(Alternate swim: McMaster 5:30 – 7 AM)		(Alternate swim: McMaster 5:30 – 7 AM)		
<b>Thursday</b>	Bike/ Run Transition workout: 6 – 7:30 PM	Bike/ Run Transition workout: 6 – 7:30 PM	Bike/ Run Transition workout: 6 – 7:30 PM	Bike/ Run Transition workout: 6 – 7:30 PM	Bike/ Run Transition workout: 6 – 7:30 PM
	Swim: McMaster 8 – 9:30 PM		Swim: McMaster 8 – 9 PM		
<b>Friday</b>	off	off	off	Swim: Pinky Lewis 4:30 – 6 PM	Swim: Pinky Lewis 4:30 – 6 PM
<b>Saturday</b>	Bike or Run: 2:30 – 3:45 PM	off	Bike or Run: 2:30 – 3:45 PM	off	Swim: McMaster 9 or 10 or 11
	Swim: McMaster 4 – 5 PM		Swim: McMaster 4 – 5 PM		one hour swim
<b>Sunday</b>	Swim: McMaster 8 – 9:30 AM	Swim: McMaster 8 – 9:30 AM	Swim: McMaster 8 – 9:30 AM	Swim: McMaster 8 – 9:30 AM	
	Bike or Run: 9:45 – 11AM	Bike or Run: 9:45 – 11AM	Bike or Run: 9:45 – 11AM		

**HAMILTON HAMMERHEAD ATHLETIC CLUB**  
**MEMBERSHIP APPLICATION**  
**2009 / 2010**

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This application must be completed IN FULL before beginning any practice even on a trial basis. ALL REQUIRED PAYMENTS as outlined in the registration package are due at the end of a trial period, delivered to a board member. No athlete will be able to maintain membership in the Club without proper registration. Complete a separate form for each athlete.

PLEASE PRINT

Athlete's Surname: \_\_\_\_\_ First Name: \_\_\_\_\_

Male / Female \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Health Card Number: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Home Telephone #: \_\_\_\_\_ May we publish above info on Team Lists? Yes No

E-mail address: \_\_\_\_\_

Most club communications take place by email.

Mother's Name: \_\_\_\_\_ Father's Name: \_\_\_\_\_

OAT Membership Number: \_\_\_\_\_

School and Grade attending \_\_\_\_\_

Are there any allergies, health concerns or medications that the Coaches should be aware of? \_\_\_\_\_

If "yes", please explain: \_\_\_\_\_

\_\_\_\_\_

Emergency Contact Tel. Numbers: \_\_\_\_\_

Doctor & Contact information: \_\_\_\_\_

I / We have read this package and am/are fully aware of and understand the requirements of registration in the Hamilton Hammerhead Athletic Club.

Signature (Parent or Guardian) \_\_\_\_\_ Date: \_\_\_\_\_

# ATHLETE CODE OF CONDUCT

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1. Respect for self: I agree to show respect for myself in the following ways:
  - a. I will take responsibility for my own training and racing performance.
  - b. I will ensure that my involvement in triathlon and swimming is balanced with other important parts of my life including academics, family and work.
  - c. I will approach training and racing in a positive manner.
  - d. I will strive to practise good nutrition and take care of my body in ways that reduce injuries and maintain health.
  - e. I will engage in goal setting and mental training to help improve my performance.
  
2. Respect for Teammates: I agree to show respect for my team-mates in the following ways:
  - a. I will not negatively judge the actions of my teammates.
  - b. I will not speak negatively about my teammates behind their back.
  - c. I will discuss any issues with my teammates and coach as soon as a problem starts to develop.
  - d. I will always speak using positive words in practice and competition.
  - e. I will allow my teammates to concentrate on their own training during practice.
  
3. Respect for Coaches: I agree to show respect for my coaches in the following ways:
  - a. I will come to practice prepared both mentally and physically.
  - b. I will discuss all concerns with my coach as soon as possible.
  - c. I will follow the training plan that will help me achieve my goals.
  - d. I will inform the coach if I cannot attend a practice / competition as far ahead as possible.
  - e. I will maintain open communication with my coach and always inform the coach of other important events.
  
4. Respect for Officials and Volunteers: I agree to show respect for officials, volunteers and the sport of triathlon/swimming in the following ways:
  - a. I will follow the rules set out by the I.T.U., Triathlon Canada, Triathlon Ontario, Swim Canada and Swim Ontario in all competitions that I participate.
  - b. I will follow Doping regulations set out by W.A.D.A., C.C.E.S., I.T.U., Triathlon Canada, SNC, AND FINA,
  - c. I will show respect for officials before, during and after competitions and thank them for their support.
  - d. I will show respect for volunteers before, during and after competitions and thank them for their support.
  
5. Respect for the Community: I agree to show respect for the community in the following ways:
  - a. I will act in a mature manner when representing the Hammerheads.
  - b. I will strive to represent team sponsors in a positive manner.
  - c. I will show respect to the citizens of the communities in which I train and race in.
  - d. I will strive to help out in my community and promote the sport of triathlon, swimming and the Hammerheads whenever possible.

**ATHLETE:** \_\_\_\_\_

**COACH:** \_\_\_\_\_

Date \_\_\_\_\_

Date: \_\_\_\_\_

# 2009-2010 HAMILTON HAMMERHEADS, SWIM ONTARIO and OAT ATHLETE PIPEDA CONSENT FORM

In April 2000, the Canadian Parliament passed Bill C-6 to give Canadians more control over how their personal information is handled. It is now known as the Personal Information Protection and Electronic Documents Act (PIPEDA). The Act contains rules for how private sector organizations may collect, use, or disclose personal information in the course of their activities. The act came into force on January 1, 2001, and the rules were applied to the personal information of clients and employees in the federally regulated private sector. On January 1, 2004, these rules were extended to all provincial businesses if a province does not have its own substantially similar private-sector privacy legislation in place by that time. Hamilton Hammerheads Athletic Club (HHAC) will comply with the rules of the PIPEDA.

There are essentially two principles: an organization must state 1) what information it is collecting, and 2) the reasons for doing so. The person whose information is being collected must give consent. There are several ways for giving consent. One is written permission, which HHAC is seeking for the gathering of information listed below. If you agree to the gathering by HHAC of the following personal information, please print your name clearly and sign and date the form in the spaces provided.

I, \_\_\_\_\_ (please print clearly) consent to the collection of my personal information listed below by *Hamilton Hammerheads Athletic CLUB (HHAC)* for the purposes indicated:

- Address for sending information from HHAC;
- Phone number(s) for immediate access from HHAC for regular business or in case of an emergency;
- Name, address, phone number and e-mail (if possible) of a person nominated to be a contact in case of an emergency;
- e-mail address for communications to and from HHAC;
- Birth date for travel arrangements, age-group competitions and media releases;
- Personal health information including provincial health card numbers, allergies, emergency contact, Doctors notes and past medical history for use in the case of medical emergency, byes or reports relating to medical or emergency issues or their reporting.
- Electronic images at competitions and/or training sessions for the purpose of technical monitoring, coach/club review, educational purposes, and sport promotion;
- Photos and electronic images for the purpose of educational training, reporting and marketing of the HHAC.
- Scores and ranking of athletes, coaches and clubs for record keeping, publishing, competing and identifying athletes;
- General member numbers, OAT numbers, NCCP numbers, résumé's, length of service/participation, history, details of performance, certifications, awards won, details of participation, background, and biographical information for the purpose of award nominations, biographies or published articles.
- Credit card or chequing information for registration at workshops, courses, conferences, membership/athlete/club registrations, travel administration and purchasing equipment, coaching manuals and other products, payment, services and resources.
- Results from time trials or testing sessions in training to measure personal performance and from inter-squad competitions;
- Results in any competitions that are part of HHAC team training, selection and competition activities;
- Records of weight training sessions to monitor training progress;
- Physiological testing results such as lactate tests, blood tests, and other standardized tests such as VO2max to monitor performance changes;
- Clothing sizes for team uniforms.

Signed: \_\_\_\_\_

Signature of Parent if under 18 years of age

Date: \_\_\_\_\_

# PARENT ACKNOWLEDGEMENT OF RESPONSIBILITY FORM

***By signing this form, I acknowledge that I have read and understood the following information:***

I will not force my child to participate in sports.

I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.

I will remember that my child participates in sport for his or her enjoyment, not mine.

I will encourage good sportsmanship by demonstrating positive support for all athletes, coaches and officials at every event, practice or other youth sports event.

I will place the emotional and physical well-being of my child ahead of a personal desire to win.

I will support coaches and officials working with my child in order to encourage a positive and enjoyable experience for all.

I will demand a sports environment for my child that is free of drugs, tobacco and alcohol and I will refrain from their use at all youth sports events.

I will remember that the races are for the kids, not the adults.

I will be a role model for my child and work as a team with other people, regardless of their culture, gender, experience, personality or preferences. I will look for the good in all people.

I will do my very best to make youth sports fun for my child.

I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.

I will teach my child that doing one's best is as important as winning so my child will never feel defeated by the outcome of a game/event.

I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.

I will never ridicule or yell at my child for making a mistake, not reaching a time standard or not placing high in an event.

I will remember that children learn best by example. I will applaud good performances by both my child and his or her opponents.

I will never question the official's or coach's judgment or honesty in public.

I will support all efforts to remove verbal and physical abuse from children's sporting events.

I will respect and show appreciation for the coaches, volunteers and officials who give their time to provide sport activities for my child.

\*\*\* I will communicate with all of my child's coaches the activities (sports and otherwise) they are involved in order to make sure the coaches provide a healthy level of training for them. This includes personal training sessions.

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Name of Parent(s) / Guardian(s) (please print)

Signature(s)

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**HAMILTON HAMMERHEADS ATHLETIC CLUB – ASSUMPTION OF RISK AGREEMENT**

**By signing this document you will waive certain legal rights, PLEASE READ CAREFULLY.**

**IN CONSIDERATION** of allowing my minor child/ward to participate in the triathlons, duathlons and multisport events of HHAC, **I ASSURE TO YOU THAT:**

1. I am the parent/guardian of the participant having full legal responsibility for decisions regarding the participant.
2. I believe that my minor/ward is physically, emotionally and mentally able to participate in the programs, activities and events of the HHAC.
3. I hereby acknowledge that I am aware of the risks and hazards associated with or related to the triathlons, duathlons and multisport events of HHAC. The risks and hazards include, but are not limited to injuries from:
  - a) Swimming, biking and running;
  - b) Executing strenuous and demanding physical techniques;
  - c) Vigorous physical exertion, strenuous cardiovascular workouts, rapid movements, quick turns and stops;
  - d) Exerting and stretching various muscle groups;
  - e) Entering the water by either diving or jumping;
  - f) Extended time in water and underwater;
  - g) Extreme weather and temperature conditions which may result in dehydration, heatstroke, sunstroke or hypothermia;
  - h) Mounting, dismounting or falling off a bicycle;
  - i) Falling or colliding with the ground, walls, stands, equipment or with other participants;
  - j) Falling due to uneven or irregular terrain or surfaces;
  - k) Failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
  - l) Contact or being struck by other participants, spectators, equipment or vehicles;
  - m) Spinal cord injuries which may render one permanently paralyzed;
  - n) Travel to and from competitive events and associated non-competitive events which are an integral part of HHAC's races, activities and events.
4. Furthermore, I am aware that:
  - a) Injuries sustained to my child/ward can be severe;
  - b) My child/ward may experience anxiety while challenging himself/herself during the competitions, activities, events and programs;
  - c) My child/ward may come into close contact with other participants;
  - d) My child/ward's risk of injury is reduced if he/she follows all rules established for participation; and
  - e) My child/ward's risk of injury increases as he/she becomes fatigued.

**I UNDERSTAND AND AGREE**, on behalf of myself, my heirs, assigns, personal representatives and next of kin that my signing of this document constitutes that:

5. I am registering my child/ward willingly and my child/ward is participating voluntarily in these activities, events and programs.
6. I agree that there are risks as described above and my child/ward will be exposed to these risks and hazards.
7. I agree to **accept and assume all these risks and hazards** and am responsible for any injury or other loss which my minor child/ward might receive while participating in these triathlons, duathlons and multisport events.
8. If something happens to my child/ward, I **RELEASE** the HHAC of responsibility and liability for any and all claims, demands, actions, judgements, executions and costs which might arise out of my child/ward's participation. I understand HHAC to mean: Hamilton Hammerheads Athletic Club and respective directors, officers, committee members, members, employees, volunteers, officials, judges, participants, sponsors, facilities where the activity occurs, agents and representatives.

**I ACKNOWLEDGE MAKING THIS AGREEMENT**

I have read and understood the terms and conditions of this agreement, and by signing it voluntarily, I am agreeing to abide by these terms.

\_\_\_\_\_  
Printed Name of Participant

\_\_\_\_\_  
Signature of Participant (Age 15 and Up)

\_\_\_\_\_  
Printed Name of Parent or Guardian

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date