



SPEED IS KEY

Thousand Oaks Track and Field “Speed Mechanics” Camp

The Track and Field team at Thousand Oaks High School has had a strong, winning tradition. Coming off a 2021 CIF Championship Season Thousand Oaks high school has become a Speed Powerhouse.

Our team is fortunate to have world class skilled coaches. Not only are they passionate about the sport, but they are also committed to helping our athletes excel to their best. We think our athletes receive the best training in the entire Conejo Valley.

If you are serious about your “**Need for Speed**”. No matter what your sport is or skill level speed then this is the program for you. You will learn important dynamic drills, foot strike, sprint posture, efficient acceleration, use of power and force to maximize your maximum velocity while having fun. This is a great opportunity to be a part of something special taught by experienced world class accredited coaches.

Head Coach Marlene Wilcox OLY

- Lead by Marlene Wilcox TOHS Head Track and Field Coach, TOHS Alumni, CIF Champion, HS State Champion, 1980 Olympic Team Member, 5 X NCAA Champion, HS and Colligate All American, USATF Level II coaching certification active member of the USATF Alumni Board and named 2021 USATF Jr. Pan American Sprints and Hurdles Coach

TRAINING SCHEDULE

June 28, 2021... Thru.... July 29, 2021

Monday -Tuesday -Thursday. Time: 9:00 am to 11:00am

This is not a CIF sanctioned training program.

- Dates and locations are subject to change do to the fluid COVID restrictions.
- Please bring your own. Towel, Roller, Jump rope, plenty of water, hand sanitizer, mask.

Fee: \$250 Payable to: Thousand Oaks track and field

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY
AND PARENTAL CONSENT AGREEMENT

IN CONSIDERATION of being permitted to participate in any way at the TOHS track and field 2021 and training scheduled practices referred to collectively herein as the Activity ("Activity") I, for myself, for personal representatives, assigns, heirs and next of kin:

- 1) ACKNOWLEDGE, agree, and represent that I understand the nature of the Activity and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
- 2) FULLY UNDERSTAND THAT: (a) THE ACTIVITY INVOLVES RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("Risks"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISK AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITIES FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation or that of the minor in the Activity.
- 3) HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Activity's Sponsors Axis Athletic, Thousand Oaks High School, Conejo Valley Unified School District practice facilities associated with the Activity, and their affiliates, their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers and if applicable, owner and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf makes a claim against any of the RELEASEES, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as a result of such claim. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTENT IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Signature: _____ Date: _____

TOHS track and field will follow all COVID-19 safety protocols. We ask that you stay home if you are not feeling well or have been exposed.

COVID-19 Disclaimer:

The TOHS training program has implemented required safety precautions and best practices to reduce the transmission of COVID-19. However, such measures do not eliminate the inherent risk of potential exposure to COVID-19 in public spaces. COVID-19 is an extremely contagious disease that can lead to severe illness and death. By visiting participating in TOHS training program, you voluntarily assume all risks associated with exposure to COVID-19.

Please join us at Thousand Oaks the collective fight against COVID-19. Stay Healthy & Happy.

Athletes signature _____ Date _____

Parent or Guardian

Signature _____ Date _____