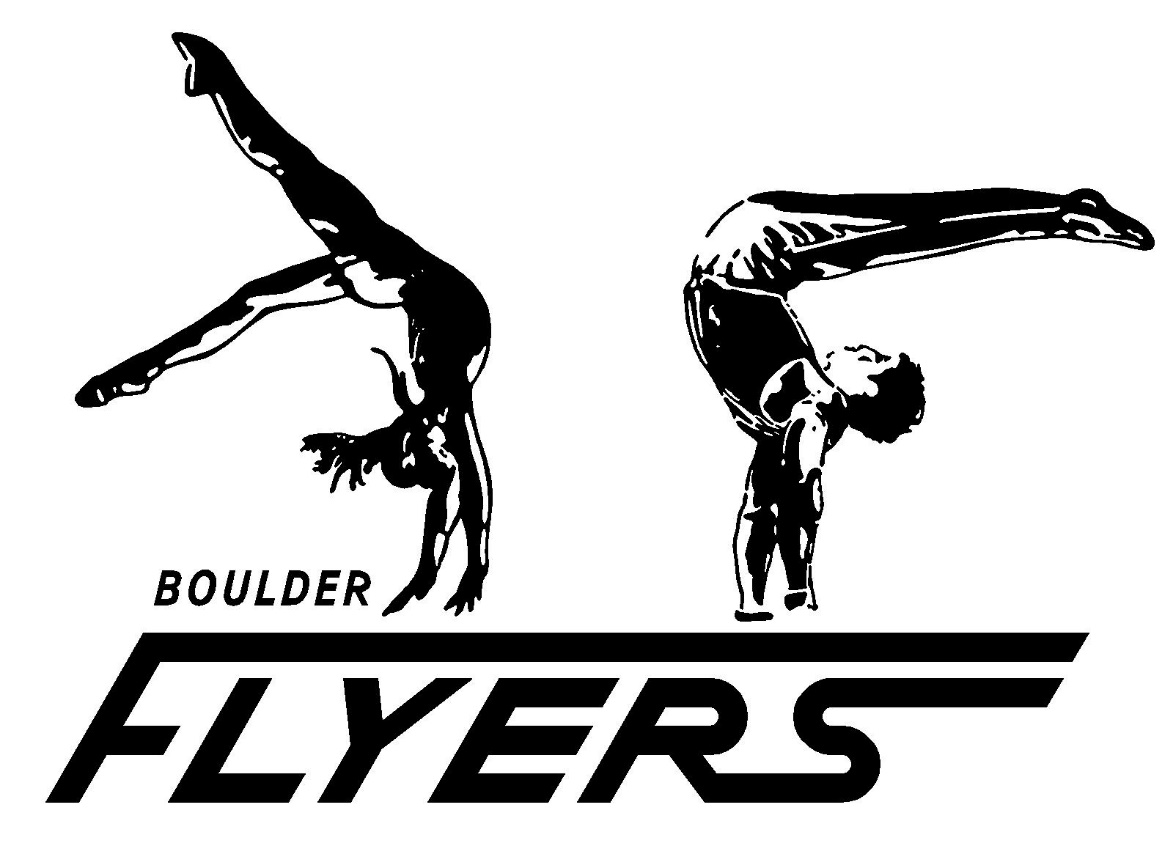
****

**Team (Boys & Girls)**

**Parent Handbook**

*Have any questions, comment, and/or concerns? Please contact:*

|  |  |  |  |
| --- | --- | --- | --- |
| **Name** | **Position** | **Office Hours** | **Contact Information** |
| Ryan Vaughn | Boys Program Director  *FLYERS* Boys Head Coach | M-TH (5 – 5:15 pm)  M & W (2-3pm)  *Or by appointment* | Work cell (720) 951-6301  [VaughnR@bouldercolorado.gov](mailto:VaughnR@bouldercolorado.gov) |
| Keely Miller | Girls Program Coordinator  FLYERS Girls Head Coach | M-TH (4:30 – 5pm)  *Or by appointment* | [MillerK@bouldercolorado.gov](mailto:MillerK@bouldercolorado.gov) |
| Mary Lawrence | Girls Program Coordinator  FLYERS Girls Head Coach | M- TH (4:30 – 5pm)  Or by appointment | [LawrenceM@bouldercolorado.gov](mailto:LawrenceM@bouldercolorado.gov) |
| Erynn Simone | Gymnastics Program Supervisor | *By appointment* | [SimoneE@bouldercolorado.gov](mailto:SimoneE@bouldercolorado.gov) |

**Congratulations and Welcome to Boulder Flyers Gymnastics Team Program!**

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**Introduction**

All City of Boulder Visions and Values, in addition to Boulder Flyers Gymnastics rules and policies are to be followed.

However, since the USAG competitive team programs are more complex than our recreational and preschool program classes we are providing this handbook for additional information and clarity to ensure your child’s continued success and safety in our program.

**City of Boulder Gymnastics Mission Statement:**

*“We provide student focused gymnastics supporting growth through movement”*

**We want:**

* **To EMPOWER our athletes to take PRIDE in their gymnastics**
* **Cultivate a LOVE for LEARNING**
* **Teach proper and SAFE progressions**
* **Develop life long and HEALTHY habits**
* **Refine the skill of SELF-DISCIPLINE and work ethic**
* **Demonstrate SPORTSMANSHIP**
* **Work as a TEAM**
* **RESPECT all!**

**General Rules & Attendance for Gymnasts**

Team members must…

* Be respectful towards every athlete
* Be respectful towards every employee in the NBRC facility
* Be respectful towards every parent or guardian
* Not use cell phones without coaches’ permission in practice
* Show respect to all equipment in the gym by cleaning up, storing and using properly
* Must demonstrate a good work ethic
* Must eat properly to perform at their best
* Must communicate with their coaches
* **Report any serious misconduct towards them by another athlete, coach, or staff to their head coach**
* Must model positive and appropriate behavior

***Team members in noncompliance of the attitude and respect expectations will be withheld from participation and parents will be notified***

*ATTENDANCE:*

* Team members are required to attend all practices unless excused for illness or other approved activity
* Team members are required to inform of their absences when missing practice – ***athlete*** must take responsibility and email Keely ([millerk@bouldercolorado.gov](mailto:millerk@bouldercolorado.gov)) or Ryan ([vaughnr@bouldercolorado.gov](mailto:vaughnr@bouldercolorado.gov))
* Team members should arrive 5 – 10 minutes early for their practice
* Team members are required to be properly dressed and ready for practice at their scheduled time *(Girls must wear leotards; boys must wear appropriate workout attire)*
* Team members are highly encouraged to attend all team functions (including meets)

*Come to practice with a goal of having fun and supporting teammates, while working hard!*

**General Rules & Policies for Parents**

* Respect your gymnast and coaches - we are here to do what is best for your child. Please let us do that!
* Respect other families and gymnasts – please do not gossip and/or talk negatively about other families
* Concerns about the gym, a policy, schedule, or a coach should not be discussed with other parents – please talk with Ryan or Keely.
* **Parents are not permitted to coach their athlete or another athlete**
* **Parents are not permitted to go inside the gym – please connect with a coach when picking up your athlete or other.**
* Pay monthly tuition, meet entry fees, team fee, and uniform fees on time
* Schedule vacations around competition season to the best of your ability
* **Actively participate and support the GO FLYERS CLUB as its purpose is to benefit your gymnast and your family**

*Parent Expectations at Competitions:*

* Parents are not permitted to use flash photography during competitions
* Parents are not to speak with or approach other coaches, judges, or the meet director
* If a parent needs to communicate with their child at a competition – they must talk in person with Keely or Ryan at an appropriate time (off the competition floor and being mindful of the flow of the meet)
* Parents are not permitted to coach from the stands or when the gymnast comes off the floor
* Parents in noncompliance of competition policies can be withheld from participation. It may also result in disqualification of your athletes from the meet as well as the ENTIRE meet losing its sanction. **This a USAG rule.**

**Practice Schedule/Open Gym & Tuition**

**Girls Program Breakdown**

|  |  |  |  |
| --- | --- | --- | --- |
| **Level** | **Coached Workout** | **Open Times Available** | **Monthly Tuition** |
| 3 & 4 | Mon 5:30 – 8:15pm  Wed 5:30 – 8:15pm | Tues/Thurs 4:15 – 8:15pm  Mon/Wed 4:15 – 5:30pm | $145 |
| 5 | Mon 5:30 – 8:15pm  Wed 5:30 – 8:15pm  Fri 5 – 7:15 pm | Tues/Thurs 4:15 – 8:15pm  Mon/Wed 4:15 – 5:30pm | $161 |
| 6+ | Mon 5:15 – 8:15pm  Tues 5:15 – 8:15pm  Thurs 5:15 – 8:15pm  Fri 4:30 -7:15 pm  *\*Different in summer\** | M/T/TH 4:15 – 5:15pm  Wed 4:15 – 8:15pm | $189 |

**Boys Program Breakdown**

|  |  |  |  |
| --- | --- | --- | --- |
| **Level** | **Coached Workout** | **Open Times Available** | **Monthly Tuition** |
| PT & 4 | Tues 5:15 – 7:30pm  Thurs 5:15 – 7:30pm | Tues/Thurs 7:30 – 8:15pm  Mon/Wed 4:15 – 8:15pm | $145 |
| 5-6/JD | Tues 5:15 – 8:15pm  Wed 5:15 – 8:15pm  Thurs 5:15 – 8:15pm | Tues/Thurs 4:15 – 5:15pm  Mon 4:15 – 8:15 pm | $161 |
| 7+ | Mon 5:15 – 8:15pm  Tues 5:15 – 8:15pm  Wed 5:15 – 8:15pm  Thurs 5:15 – 8:15pm | Mon/Wed 4:15 – 5:15pm  Tues/Thurs 4:15 -5:15 pm  Friday 4:15 – 7:15 pm | $189 |

**Breakdown of Competition Seasons**

|  |  |
| --- | --- |
| **USAG Teams/Levels** | **Competition Seasons** |
| Compulsory Girls (Levels 3-5) | September – December 2019 |
| Boys (Level 4+) | November 2019 – April 2020 |
| Optional Girls (Level 6+) | January – May 2020 |

OPEN GYM RULES

1. All athletes must scan their membership card before participating
2. All athletes must complete their class warm up or the generic warm up before participating in any gymnastics
3. Each event has a specific warm up posted, please complete the warm up before training on that event
4. During open gym, athletes are ONLY allowed to practice skills they can safely do by themselves
5. To use the trampolines, you must:
   1. Ask permission from PM Floor Lead, Ryan or Keely
   2. Have a goal and focus during your trampoline training - state that goal clearly!
6. Three Strike Rule:
   1. If an athlete is choosing to use their open gym time *unproductively* or *unsafely* they will be asked to call their parents and leave – that is **one** strike
   2. If an athlete gets to three strikes, they will lose open gym privilege for one month

**\*Open gym time is a privilege - use it wisely, safely, and with intention\***

**Injury Policy**

Our primary focus is to keep all athletes safe. Unfortunately, injuries do happen in this sport. Our goal is to minimize the frequency of injuries happening.

**If your child is injured in the gym, here is what we do:**

1. Assess injury and athlete
2. Provide immediate care (i.e. ice, band aid, elevation)

*Option 1: If athletes can return to practice*

* We will record injury in injury log up in gym office
* Connect with parent following practice

*Option 2: If athlete is unable to return to practice*

* Once athlete has received immediate care, we will contact parent immediately
  + If the injury is life threatening or severe we will call 911 first, then parent
* Coach will stay with athlete until parent arrives where coach and parent will connect
* Coach who witnessed accident will record in City of Boulder accident report

**Emergency Contact Numbers:**

Ryan Vaughn Work Cell (720) 951-6301 \*Ryan ALWAYS has his work cell with him\*

Gymnastics Office (303) 413-7265

NBRC Front Desk (303) 413 – 7260

**If your child is injured outside of the gym:**

* Must have doctors note before returning to practice
* Communicate with your child’s coaches, Ryan, and Keely so we can support your child in their recovery

**Uniform, Leotard & Competitive Attire**

All uniforms, leotards, jackets, and spirit wear items go through the Go Flyers Club. Website: <https://goflyersclub.com/>

**Please be timely with those payments and communicate with the board about questions regarding these items.**

|  |  |
| --- | --- |
| **Level** | **Uniform Requirements** |
| Girls | Competition Leotard ($150)  Girls FLYERS Jacket ($65) |
| Boys | Competition Singlet  Competition Pants  Competition Shorts  Boys FLYERS Jacket  Black Socks |

Expectations during and at USAG sanctioned competitions:

* All uniforms are clean and presentable
* Girls arrive and stay in leotards the entire competition, including awards – please do not pull leotard down by hips!
* **ALL ATHLETES (boys and girls) must receive awards with jackets and pants on, fully zipped.**
* W*e expect all athlete to stay until the end of awards. Please do not leave early.*
* During march-in athletes can either wear leotard/competitive attire OR full warm ups – team must look unified!
* Boys! Bring black socks with **no logos.**
* Girls must arrive to competitions with hair in bun, competition ready!
* No nail polish, necklaces, bracelets, anklets, rings, and only one pair of stud earrings in each ear

***During season, girls will participate in bun nights regardless of whether they compete or not.***



**The GoFlyers! Club** is a parent organization that supports the Flyers competitive gymnastics team for boys and girls. The club was founded in 2016 and oversees administrative and fundraising activities for the Flyers in conjunction with the City of Boulder.

Board members collect fees, order uniforms, organize home meets and plan other Flyers-related activities. Two highlights, hosted by the Flyers, are the Stiletto Girls’ Invitational (levels 6-10) in January and the Stiletto Boys’ Invitational (levels 4-10) in February.

The GoFlyers! Club also organizes parties and chooses hotels for annual compulsory meets in Aspen, for girls, and Colorado Springs, for boys. Throughout the seasons, gymnasts help with fundraising activities. A long-term goal of the GoFlyers! Club is to be able to provide scholarships to the families of gymnasts in need.

The club helps the gymnastics department align with the goals of the Boulder Department of Parks and Recreation to take team and travel expenses out of the city’s budget. GoFlyers! is a registered 501 c3 non-profit club.

Please contact GoFlyers! Club at [info@goflyersclub.com](mailto:info@goflyersclub.com) or visit us at [www.goflyersclub.com](http://www.goflyersclub.com)



# Photo Release Form for Minors (if under 18)

The Go Flyers! Club has my permission to use my or my child’s photograph publicly to promote the Boulder Flyers Team and the Go Flyers! Club. I understand that the images may be used in print publications, online publications, presentations, websites, and social media. I also understand that no royalty, fee or other compensation shall become payable to me by reason of such use.

Parent/Guardian’s signature: ­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_

Parent/Guardian’s Name:­­­­­­­­­­ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Child’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Photo Release Form for Adults

The Go Flyers! Club has my permission to use my photograph publicly to promote the Boulder Flyers Team and the Go Flyers! Club I understand that the images

may be used in print publications, online publications, presentations, websites, and social media. I also understand that no royalty, fee or other compensation shall become payable to me by reason of such use.

Signature: ­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_ish my or my childy we will send you the hand outs and can catch up over the phone/e-mail about advocacy efforts.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_

Name:­­­­­­­­­­ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Boys Competitive FLYERS Gear and Fees**

**Please REMEMBER there are NO REFUNDS/EXCHANGES**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Gymnast Name:** | | | | **Level Competing:** | | **Phone Number:** | |
| CODE | | DESCRIPTION | PRICE | CIRCLE ONE | QUANTITY | Total Price | NOTES |
|  |  | Boys Competition Tank  (Required) |  |  |  |  |  |
|  | 233434 | $60 | CS CM CL CXL AXS  AS AM AL |
|  |  | Boys Competition Shorts  (Required) |  |  |  |  |  |
|  | 233432 | $25 | CS CM CL CXL AXS  AS AM AL |
|  |  | Boys Competition Pants  (Required) |  |  |  |  |  |
|  | 233433 | $35 | CS CM CL CXL AXS  AS AM AL |
|  | 232331 | Boys Warm Up Jacket (Required) | $65 | CS CM CL CXL AXS  AS AM AL |  |  |  |
|  | | GYM Bag - Duffel OR  GYM Bag - Sportek Cinch Pak (Optional) | $70      $25 | Black - **Only for Duffel** |  |  | Name:  **Only for Duffel** |

**TOTAL \_\_\_**

**ONLY payable online at:** <https://squareup.com/store/go-flyers-club-store/>

**Please remember there are no REFUNDS/EXCHANGES!!**

**Girls Competitive FLYERS Gear and Fees**

**Please REMEMBER there are NO REFUNDS/EXCHANGES**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Gymnasts Name:** | | | **LLevel:** | **Phone** | | |
| **CODE** | **DESCRIPTION** | **PRICE** | **CIRCLE ONE** | **QUANTITY** | **Total Price** | **NOTES** |
|  |  |  |  |  |  |  |
|  | **Girls Competition**  **Leotard (Required)** | $150 | CS CM CL AXS AS AM AL |  |  |  |
|  | **Girls Competition Jacket (Required)** | $65 | CS CM CL AXS AS AM AL |  |  |  |
|  | Name on Jacket  (Not required, see note  & only for Adv Team) | $10 | Must be competing L6+ |  |  | Name: |
|  | GYM Bag -Duffel OR  GYM Bag -  Sportek Cinch Pak  ( Optional) | $70  $25 | BURGUNDY W/BLACK  TRIM or ALL BLACK  **(Only for Duffel)** |  |  | Name:  **(Only for Duffel)** |
|  | GK Briefs (Optional) | $19 | CXL AS AM |  |  |  |

**TOTAL \_\_\_\_\_\_\_\_\_\_\_\_**

**ONLY payable online at:** <https://squareup.com/store/go-flyers-club-store/>

**Please remember there are no REFUNDS/EXCHANGES!!**

**Fee Checklist 2019-2020 Seasons**

|  |  |  |  |
| --- | --- | --- | --- |
| **Amount** | **Fee Description** | **Purpose** | **Payable to** |
| $250 | Competition Fee | $200 – Paid to City for “Team Fee”  These funds cover wages for coaches at the gymnastics competitions  $50 – to be used for food, team overnights, critique meets, pizza parties, etc  *\*If your athlete does NOT compete, they still need to pay $50* | GFC |
| $95 – Compulsory Meet  $100 – Boys Meet  $125 – Adv Girls’ Meet | Meet Entry Fees | Each team will attend 5 – 6 regular season meets plus a state meet | GFC |
| Boys Uniforms – page 12  Girls Uniforms – page 13 | Uniforms | Girls = leotard & jacket  Boys = competition tank, shorts, pants, and jacket | GFC |

**ATHLETE COMMITMENT FORM**

Gymnastics is a sport that requires a serious level of dedication, commitment, and focus from its participants. It is a long-term project, which requires commitment from both parents and gymnasts.

ATHLETE UNDERSTANDING OF EXPECTATIONS AND COMMITMENT:

\_\_\_\_I understand that I am required to attend my practices to ensure my safety, team support, and skill development.

\_\_\_\_I understand if I cannot attend practice I must personally email Keely ([millerk@bouldercolorado.gov](mailto:millerk@bouldercolorado.gov)) or Ryan ([vaughnr@bouldercolorado.gov](mailto:vaughnr@bouldercolorado.gov)).

\_\_\_\_I understand that to compete I must sign and adhere to the USAG athlete/parent membership agreement.

\_\_\_\_I understand that I am (both gymnast & parent/guardian) required to help run 2 out of the 3 home meets from start to finish (set up to tear down).

\_\_\_\_I understand that I am required to attend at least one session of a teammates state meet, that is not my own.

\_\_\_\_I understand that noncompliance with any of these expectations may lead to disciplinary measures up to and including my dismissal from the team.

I have read and initialed the above statements in agreement with the expectations of my participation on the Flyers team. I further agree to communicate any problems with my coaches such that an understanding may be established if I cannot meet a requirement.

(Gymnasts Name Print) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Gymnasts Signature)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PARENT COMMITMENT FORM**

I have read and understood the team rules, policies and the responsibility for gymnasts and parents here at the Boulder Flyers. I feel that this sport has many benefits to offer my family, my child, and myself by choosing Boulder Flyers. I feel that my child’s goals can be reached in this program.

I make a commitment to fulfill my roles to the best of my ability and to support this program with my words and actions. If I have a disagreement or problem with the staff or program, I will contact the gym first to attempt to resolve the situation.

I also understand and agree that if any time my actions or words become detrimental to this program, I will be asked to remove my child from the program and find another gym. I understand that if my child participates in the team program and this agreement is not signed and returned, it is implied that participant and my family agrees to all rules, policies and responsibilities, including financial responsibility for participation.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Parent/Guardian Signature) (Date)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Parent/Guardian Print Name)

**City of Boulder Volunteer Risk and Release Form**

|  |  |  |  |
| --- | --- | --- | --- |
| Dept./Project/Group Name: |  | Dates: |  |
| Name (first,last): | | | |
| Email: | | | |
| Mailing Address (optional): | City: | State: | Zip: |
| Phone (H/W/M): | | | |
| Emergency Contact: | | | |

*(Name) (Relationship) (Phone)*

**I, the undersigned, agree for myself or for my minor child/ward, to volunteer for the City of Boulder, and understand and agree to the following:**

1. I will follow instructions of my placement and perform my service to the best of my ability.
2. I acknowledge that there are dangers and risks incurred as a result of participating in activities connected or associated with volunteering; and I knowingly assume all risk for any injuries, death, damage or loss to my person, including but not limited to: falling down, tripping, bumping; back, bone, joint, head, neck, muscle or spinal injuries or strains; cuts, scrapes; choking; allergies; heat stroke, heat exhaustion, sunburn or other injuries; and/or any damage or loss sustained to my personal property.
3. In the event of any emergency, I authorize City of Boulder officials to secure from any licensed hospital, physician and/or medical personnel any treatment deemed necessary for my immediate care, including ambulance transport. Further, I agree that I will be responsible for payment of any and all medical services rendered.
4. I agree to pay for any intentional damage sustained to City property as a result of my participation in activities. Payment shall be made directly to the City of Boulder within thirty days of receipt of damage invoice.
5. I waive and relinquish all claims I may have as a result of my participation as a volunteer against the City of Boulder and its officers, agents, servants and employees. Further I agree to indemnify, defend and hold harmless the city of Boulder against any claims already made and claims that may be made in the future.
6. I act only as an authorized volunteer and do not function as an employee, agent or representative of the City of Boulder.
7. I give permission for media coverage of myself and/or my minor child/ward to be disseminated for public relations purposes without personal compensation.
8. This Acknowledgement of Risk and Release is valid for a period of 1 year from the date executed below.
9. I understand that volunteers can be let go at any time.

**VOLUNTEER RIGHTS**

While serving as an Authorized Volunteer for the benefit of, and involved in the activities at the request of, the City of Boulder, volunteers are provided the protection of the Colorado Governmental Immunity Act, Colorado Revised Statutes Section 24-10-101 (et. Seq.); 24-10-103(4)(a) and are subject to the applicable provisions of the Act. The Act does not cover any willful and/or wanton behavior including, but not limited to, sexual harassment, racial or gender discrimination, drug and/or alcohol use.

I acknowledge and understand the terms of the City of Boulder’s Risk and Release Form. This acknowledgment of risk and release shall not be modified orally. All minor’s signature must be accompanied by the signature of the parent or guardian.

|  |  |
| --- | --- |
| Volunteer Name (printed) | Signature of parent or guardian (if volunteer is a minor) |
| Volunteer Signature | Date – Effective for one year from date signed |

**GO FLYERS! CLUB WAIVER & RELEASE OF LIABILITY**

P.O. Box 4871 \* Boulder, CO 80304-4871

[goflyersclub@gmail.com](mailto:goflyersclub@gmail.com) \* [www.goflyersclub.com](http://www.goflyersclub.com/)

DISCLAIMER: **GO FLYERS! CLUB IS NOT RESPONSIBLE FOR ANY INJURY (OR LOSS OF PROPERTY) TO ANY PERSON WHILE PRACTICING, TRAINING, TAKING CLASS, COMPETING, PARTICIPATING IN OPEN GYM, SPECIAL EVENTS, DEMONSTRATIONS OR SHOWS, OR IN ANY OTHER WAY INVOLVED IN GYMNASTICS, OR TEAMS AT THE NORTH BOULDER RECREATION CENTER (NBRC) FOR ANY REASON WHATSOEVER, INCLUDING ORDINARY NEGLIGENCE ON THE PART OF NBRC OR GO FLYERS! CLUB, ITS OWNERS, OFFICERS, AGENT, VOLUNTEERS OR EMPLOYEES**.

In consideration of my participation, I hereby release and covenant not to sue the Go Flyers! Club, the Go Flyers! Club Board of Directors and officers, and any of their volunteers, teachers, coaches or agents from any all present and future claims resulting from ordinary negligence of the Go Flyers! Club or others listed for property damage, personal injury or wrongful death, arising as a result of my engaging in or receiving instruction and competition in gymnastics, or any other activities or any activities incidental thereto, wherever, whenever or however the same may occur. I hereby voluntarily waive any and all claims resulting from ordinary negligence, both present and future, that may be made by me, my family, estate, heirs or assigns.

Further, I am aware that gymnastics are vigorous sporting activities involving height and rotation in a unique environment and as such they pose a risk of injury. I understand that gymnastics and related activities always involve certain risks, including but not limited to death, serious neck and spinal injuries resulting in complete or partial paralysis, brain damage and serious injury to virtually all bones, joints, muscles and internal organs and that the mats, pits and other safety equipment and apparatus provided for my protection, including the active participation of a coach or teacher who will spot or assist in the performance of certain skills may be inadequate to prevent serious injury. The risk of harm may be limited by all of the safety equipment and trained coaches, but never eliminated. I understand that participation in gymnastics and related activities involves activities incidental to active participation in gymnastics, including moving from event to event, conditioning, stretching and other activities which may leave me vulnerable to the reckless actions of other participants who may not have complete control over their actions or knowledge of the risks involved and hereby agree to accept my and all inherent risks of property damage, personal injury or death.

I further agree to indemnify and hold harmless the Go Flyers! Club and all other listed for any and all claims arising as a result of my engaging in or receiving instruction in Go Flyers! Club activities or any activities incidental thereto, whenever, wherever or however the same may occur.

I understand that this waiver is intended to be as broad and as inclusive as permitted by the laws of the State of Colorado and agree that if any portion is held invalid, the remainder of the waiver will continue in full legal force and effect. I further agree that the venue for any legal proceedings shall be within the State of Colorado.

I affirm that I am of legal age and am freely signing this agreement. I have read this form and fully understand

that by signing this form, I am giving up legal rights and or remedies which may be available to me for the ordinary negligence of Go Flyers! Club or any person listed above.

***A waiver must be completely filled out and signed for each participant.***

Participant Name (first and last): Participant DOB: M F Level:

Parent/Guardian Name (first and last): Street Address:

City: State: Zip:

Home Phone: Cell Phone:

Email:

Parent/Guardian Signature:

(Participant Signature if over 18) Date: