

# SF JUNIORS VOLLEYBALL

## SUMMER TRAINING SERIES 2<sup>nd</sup> - 5<sup>th</sup> GRADES (Boys and Girls)

SF Juniors would like to invite you to attend the Summer Training Series. 5 weeks of skills and competition training that will help you improve.

**The Summer Training Series** includes serving, passing, setting, attacking and defense (including blocking), team defense and offense training.

Also included are jump, speed, agility and core training.

**Dates:** Every Sunday, Tuesday and Thursday beginning July 7<sup>th</sup> and ending on August 8<sup>th</sup>

**Time:** 6:00 pm – 8:30 pm

**Location:** St. Thomas More School – Gym  
50 Thomas More Way  
San Francisco, CA 94132

**Cost:** Walk-up registration - \$50/ session

**Registration Form:** Name(participant): \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Phone (mobile): \_\_\_\_\_ Email: \_\_\_\_\_

School: \_\_\_\_\_ Grade(incoming): \_\_\_\_\_

Volleyball Club: \_\_\_\_\_ Team: \_\_\_\_\_ Years Playing Club: \_\_\_\_\_

Make checks payable to

**“SF Juniors”**

Mail to:

SF Juniors Volleyball

PO Box 210103

San Francisco, CA 94121

### **Release of Liability Waiver**

In consideration of being allowed to participate in any way in the program, related events and activities, I the undersigned, acknowledge, appreciate and agree that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment and personal discipline may reduce the risk, the risk of serious injury does exist and,
2. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the Releasees or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest staff immediately and,
4. I, myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, and HOLD HARMLESS San Francisco Juniors Volleyball and/or St. Thomas More School, their officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of the premises used to conduct the event (Releasees), with respect to any and all injury, disability, death, or loss or damage to person or property, whether arising from the negligence of the Releasees or otherwise, to the fullest extent permitted by law.

I have read this release of liability and assumption of risk agreement, fully understand and its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

For Parents/Guardians of participant of minor age  
(under age 18 at time of registration)

This is to certify that I, as the parent/guardian with legal responsibility for this participant, do consent and agree to her release as provided above of all the Releasees, and for myself, heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liability incidents to my minor child's involvement or participation in these programs as provided above, even if the arising from the negligence of the Releasees, to the fullest extent permitted by law.

Print Player Name: \_\_\_\_\_ Print Parent Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_