



November 2024

Dear ParaCheer Spirit Wolves Athlete and Family,

On behalf of ParaCheer Spirit NFP, I would like to congratulate you on being selected to represent the ParaCheer Spirit Wolves Team! We are excited that you will be a part of a program that represents emerging, new divisions in the Sport of Cheer - cheerleading and dance, which has a history and precedence of representing the Adaptive athlete at the ICU World Championship, Abilities Expos, UCA National High School Championship, Virtual Clinics and other performances since 2018. We continue to work hard to be a strong, visible example of Adaptive Cheerleading and Dance, and ParaSport Cheer. This is the most prestigious event for our sport, in which you will be able to say you are a part of history. Congratulations!

With the honor of being selected as a member of the ParaCheer Spirit Team comes the incredible responsibility of representing our sport and more importantly our great global reputation as a US Nationals Team member. I know that you will rise to the occasion and set the kind of example that will make our sport and ParaCheer Spirit proud.

In preparing for our upcoming journey we have a lot to do:

- 1. Make Arrangements for ALL practices and performance dates:** it is imperative to attend all practices due to the nature of our sport and division, learning process, safety for ALL athletes and general progression of acrobatics.
- 2. Athlete/Coach/Parent/Volunteer Code of Conduct:** It is extremely important to abide by the expectations set forth in the Athlete/Coach/Parent/Volunteer Code of Conduct. All members and/or a parent/guardian, if applicable, will be required to sign the code of conduct..
- 3. Fundraising:** All team members will be required to fundraise to cover costs of participation in ParaCheer Spirit for individual and team costs for performances, travel, and general costs leading up to and including the ICU World Championships and at least 1 other adaptive events, to continue to inform, educate and be a visual representation of Adaptive Abilities/ParaSport Cheer in the US and globally. ParaCheer Spirit may provide resources to assist athletes/teams to reach financial goals, but it is ultimately the individual's responsibility to meet financial requirements. Individuals can fundraise through donations or private sponsorship. All fundraising will be due by set deadlines.
- 4. Expenses:** reference the Quick Fact Info Sheet. Coaches fees including Membership dues.
- 5. Media guide:** reference the section below.
- 6. Social Media:** reference the section below.
- 7. I will provide a medical clearance to participate in an athletic activity and proof of medical insurance.**
IMPORTANT- you must present proof of health insurance and a medical clearance letter for participation in the physical activity. You may also be required to provide medical documentation of a disability or impairment classification for ParaCheer scoring and eligibility.

We will be sending you more information as it becomes necessary, but if you have questions in the meantime, please use the communication app (BAND app), refer to the website www.ParaCheerSpirit.org , or email ParaCheerSpirit@gmail.com, and again, congratulations! We look forward to working with you soon!

Cheers,

The ParaCheer Spirit Coaching Staff

**“When something goes wrong, don’t blame others, FIRST look at yourself and what you can fix.”
“This is about WE, not me.”**

ParaCheer Spirit Athlete/Coach/Parent/Volunteer Code of Conduct

Being selected as a member for the ParaCheer Spirit is a privilege and not a right. All athletes selected to a ParaCheer Spirit NFP (PCS) Program must strictly adhere to this Code of Conduct in order to be a member and remain a member in good standing of PCS and thus enjoy the privileges associated with representing the PCS program. We, at PCS, reserve the right to revoke an athlete's membership for any reason or cause.

(Zero tolerance, One Strike Policy).

I, as a member of PCS and representation of PCS athletes and a disability sport, have reviewed the Disability Etiquette educational video, “Positive Interactions” and the educational presentation provided at any PCS event.
<https://youtu.be/bLIHZUQPLAw>

PARACHEER SPIRIT NFP (PCS) ATHLETE / COACH / PARENT / VOLUNTEER / MEMBER CODE OF CONDUCT

All athletes, coaches, volunteers, parents, members and administration associated with PCS will abide by a Code of Conduct, which includes the following provisions listed below. If an athlete disrespects or violates any of these rules, PCS has the right and will take appropriate action to assign penalties, suspend, or revoke the athlete/coach/parent/volunteer membership (further known as MEMBER) and thus all, the rights and privileges associated with the same. I acknowledge, understand, and agree to abide by this Code of Conduct and pledge to uphold the spirit of this Code of Conduct, which offers a general guide to our conduct representing PCS. I recognize that this Code does not establish a complete set of rules or prescribes every aspect of (in)appropriate behavior. Therefore, I pledge and agree to the following:

- I will provide medical documentation that I am able to physically perform the tasks asked of me by my coach and expected of me by my team. If I have expressed to my coach(es) or athletic trainer that I have an injury, I MUST have a doctor's clearance to participate in ALL stunts, tumbling, jumps or dance (all elements of cheerleading must be stated in doctor's note). I am healthy enough and prepared to do multiple full out run throughs of each routine.
- Athletes must be working out or doing physical therapy outside of practice. Wheelchair users MUST follow ICU safety guidelines and rules, Ex: anti tip devices and wheel locks.
- Multiple repetitions will be done at practice and performances. You must be able to execute skills. Some environmental situations may be in the sun and heat - you must be able to participate and execute in those conditions. I will maintain a level of fitness and competitive readiness that will permit my performance to be at the maximum of my ability. I understand that it is important to provide Weekly Workout accomplishments for team building and competitive strength and flexibility (what did you do to strengthen yourself for cheer or dance skills).
- ParaCheer Spirit Wolves may, at times, be the US Adaptive Abilities Nationals Team. We are not Team USA, as other countries may be able to use that title. Hopefully, in the near future.
- In consideration of the participation in activities of PCS membership on teams organized, sponsored, or sanctioned by PCS, and participation in competitions, events, and other activities (international or domestic), including camps, clinics, exhibitions, programs or appearances for, on behalf of, or in representation of PCS, I will at all times display the conduct expected of me as a member and a representative of PCS. I will conduct myself in a manner that will not in any way bring disrespect, discredit, or dishonor to either myself, my team, PCS, my country, or the organizer of an event in which I participate.
- I will conform to all applicable local, state, and federal laws and regulations, and any rules, regulations, and codes that may be established for events, programs, and activities in which I participate, including those of PCS, USA Cheer, the International Cheer Union, the United States Olympic Committee ("USOC"), the Internationals Paralympic Committee ("IPC") and/or any organizer of an event in which I participate, and I understand that I cannot be involved or associated with any act considered to be an offense under federal, state, or local laws; or a violation of the applicable rules, regulations, or codes of PCS, USA Cheer, the ICU, the USOC, the IOC, the USADA, or the organizer of an event in which I participate.
- I will not give an interview to or share information with any media outlet, unless the Director of PCS has approved said outlet.
- I will in no way share any personal information regarding the PCS Team athletes, coaches, volunteers, administration, or PCS Board of Directors to any person outside of the PCS Team, unless approved by said Director of PCS.
- I will act in a sportsmanlike manner consistent with the spirit of fair play and responsible conduct. ● I will respect members of my team, coaches, volunteers, other teams, spectators, and officials, and engage in no form of verbal, physical, or sexual harassment or abuse.
- I will refrain from conduct detracting from my ability or that of my teammates to attain peak performance. ● I agree to drug testing by the United States Anti-Doping Agency (USADA), USA Cheer; the USOC, the ICU, the IOC, or the World Anti-Doping Agency (WADA) or any other agency with applicable jurisdiction for drug testing any sanctioned event or activity in which I participate as a team member or individual. I acknowledge that I am subject to the USADA Protocol for Olympic Movement Testing. I understand that if I refuse drug testing or fail to report for scheduled drug testing, this will carry the same sanction as having tested positive for a banned substance.
- I understand that I cannot be involved with, nor have any association with transporting, possession, or unauthorized use of alcoholic beverages, illegal drugs, any USA Cheer/ICU/IOC banned medication or substances, or any substances or procedures in violation of the USADA Protocol.
- Without the prior written consent of PCS, I will not use, or grant a third party the right to use, for advertising or promotional purposes any of the names ParaCheer Spirit, WolfPack Cheer or Dance, ParaCheer Spirit Wolves,

ParaCheer Cheer or Dance, any namesake likeness or appear in television commercials, newspaper advertising, performances, or any other promotional materials while wearing my PCS Team uniform or any apparel associated with PCS or USA Cheer.

- I understand that appropriate and proper behavior is my responsibility at all times and that misconduct (i.e., inappropriate behavior, breaking rules, horseplay, theft, fighting, use of alcohol or drugs, use of profane language, etc.) may cause me to lose privileges associated with my membership and participation in PCS. Athletes must not be drinking alcohol, smoking, drinking soda the night before a practice or competition.
- I understand that I am responsible for being at all mandatory practices, events, and appearances, unless approved by the Director of PCS Teams and the Head Coach of the selected team. It is the responsibility of every member to stay informed regarding meetings, end of practice updates, texts, emails, group messages, etc. It is not the responsibility of the coach, Director, athlete, Board or any other parents.
- I understand and agree that PCS has the right to use my photos, names and likeness for advertising, social media posts, promotions, educational purposes, etc.
- I understand that I must dress in PCS apparel for practices, performances, competitions, traveling, events and/or anytime in PCS or USA uniform, which will include a designated shirt, shorts, dancewear, socks, and cheer shoes. NO JEWELRY unless part of a costume. Cheer Females or males - Hair pulled back and secured away from face. All females - natural looking or USA Cheer makeup. Males- a shaved or trimmed facial appearance. No hats unless promoting Cheer, USA Cheer or PCS Wolves.
- I will show up to practice prepared, healthy and ready to safely execute all skills required and expected by the team. Athletes must attend team practices even if they are not cleared to participate but can travel and do day to day activities.
- Advance notice of expected absences is required. NO unexcused absences. Note that absences may not be approved and therefore could be reason for dismissal from the team. Missing an in-person practice may cause safety issues for the dance or cheerleading skills of yourself and teammates. Birthdays, anniversaries, weddings, baby showers, sibling honors, school cheer or dance practices/games/meets, all-star practices or competitions, other sports practices or meets, last minute choreography, other extracurricular activities, ETC are NOT acceptable absences. If you are missing more than ONE excused practices, you may not be eligible for a Competition Team. If a practice is missed, how will you make-up the work and time and how will you make it up to the team? If unable to attend in person, you MUST video call into practice with "video on" and physically participate in practice. If unable to "video on" call, you MUST submit a medical note (nurse, doctor, medical professional).
- I will abide by all timelines - financial, practices, reporting times, deadlines. Any missed deadlines may result in dismissal from the team and/or program. Deadlines, arrival times, are important and respectful. Please meet all deadlines and arrive early (15 minutes) to all functions.
- No cell phone use during practice! (Except if video calling into practice or capturing media for PCS use.) ● No parent interaction on the cheer floor during practice so the athlete stays focused on the safety of the team.

Skill requirements:

Beginning, Introductory, Game Day or Virtual Team participating Athletes: No requirements or experience necessary.

Intermediate Cheer Team Athletes: Each athlete must be able to self-propel themselves across a carpeted mat surface with moderate to advanced speed, be able to either bear weight in their upper body and core or hold their own weight through their legs and core/upper body while being held by other athletes, and have a strong desire to perform in front of a crowd as a team player. There are a variety of team roles/spots available- base of stunts, top/flyer in stunts, spot for stunts, tumbler, dancer, jumper.

Median and Advanced Cheer Team Athletes: Handstand for advanced and median flyers. Advanced and median team - physically strong enough to hold a person above your head with extended arm level AND/OR be able to physically prevent someone from falling onto themselves for the safety of all athletes. Ability to self propel yourself at medium to high level across the mat or out of the way of any athlete collision. Ability to resist or prevent an athlete from landing on yourself or the ability to catch yourself safely. (Traditional Team members are eligible based on the IPC/ICU Impairment guidelines).

Hip Hop Team Athletes: Each athlete must be able to self-propel themselves across a dance marley surface with moderate to advanced speed, be able to either bear weight in their upper body and core or hold their own weight through their legs and core/upper body while being held by other athletes, participate in partner tricks, solo inversions, dance lifts and have a strong desire to perform in front of a crowd as a team player. There are a variety of team roles/spots available.

Expenses : Athlete travel costs, lodging, competition packages, uniform costs, food, etc. are the responsibility of the athlete during training dates and competition week and may be based on veteran versus new athletes. Updates will be made available to all members as they become available to ParaCheer Spirit. Fundraising monies can be used to cover some or all of these expenses. Fundraising funds are NOT refunded to athletes. If an athlete cannot fulfill their commitment to PCS, all funds are deposited into the PCS Team general fund. Some PCS fundraising is tax deductible. Expenses are either fundraised for, sponsored, waived or paid in. Training travel ,lodging, and meals are personal expenses. Uniform fee (amount tbd, approximately \$150-275 includes uniform, warmup, practice apparel package (\$100-200), competition package (amount tbd). Please refer to the QUICK FACT info sheet for updates. I acknowledge and agree to this and any updates made available to me via in person, electronically or in the PCS Handbook and/or FACTS info sheet.

PCS Membership Fee - (PCS) Membership fee is \$600, either fundraised, sponsored, waived* or paid in. Membership fee helps offset general costs for the program including but not limited to: team fees, waived fees, coaches fees and/or administrative costs. Please refer to the Quick Fact info sheet. No prorating, no refunds. I acknowledge and agree to this and any updates made available to me via in person, electronically or in the PCS Handbook and/or FACTS info sheet.

PCS General Sponsorship: Each ParaCheer Spirit Athlete must raise awareness in their community or nationally or personally, by seeking a donor or sponsorship of \$200 total in team sponsorship. Sponsors will receive a social media post (Instagram and Facebook) and PCS gift. Due before or by February 2025, either fundraised, sponsored, waived* or paid in. The funds raised contribute to the program general fund for all annual expenses, participant funding requests, and help with visibility and promote

awareness of our mission I acknowledge and agree to this and any updates made available to me via in person, electronically or in the PCS Handbook and/or Quick Facts info sheet.

Fundraising: Members MUST participate in fundraising and meet a minimum requirement to be raised, sponsored or 'paid in' to the general fund (\$ maximum "paid in" per athlete to the general fund annually). All monies will go into the member's fundraising account or PCS program account. No refunds or monies will be issued or returned to athletes. Members' fundraising account or PCS program account exists from Annual Program Start Date(Oct) through Annual Program End Date (April), as long as the member continues as an active member. The "Minimum" of ALL fundraising monies from each member supports the general fund, to be used for some or all general team expenses, unless otherwise stated per fundraiser. Any fundraising amounts can be used towards members' tuition, coaches' fees, competition fees, competition packages, and/or uniform package. Each fundraiser may have specific rules and guidelines. I acknowledge and agree to this and any updates made available to me via in person, electronically or in the PCS Handbook and/or FACTS info sheet. (*clarification for minimum and maximum monies due per athlete.)

ANNUAL USA Cheer Membership (2025 US Nationals Team and/or PCS Athlete, Coach, Volunteer, Administration, valid May 2024 through May 2025).

Athletes 17 years old and younger must obtain the *General Athlete Membership*, which includes all benefits of a USA Cheer Athlete Membership. <https://www.usacheer.org/membership/usa-cheer-membership> ;

Athletes 18 years of age and older must obtain the *Professional Membership*, which includes a background check and all benefits of USA Cheer Professional Membership. <https://www.usacheer.org/membership/usa-cheer-professional-membership> . Register and pay directly to the www.USACheer.org website. Please let ParaCheer Spirit NFP know if you need registration assistance with this membership.

Coaches Fees:

All coaches' fees and expenses are paid by the team membership fee.

Practices (may change due to PCS or other organizations discretion for any reason including health concerns, facility availability or number of available athletes to perform). VIRTUAL "Skills Check" PRACTICE SCHEDULE will be emailed out to participants with login information. Please make sure your email information is up to date. Athletes must attend team practices even if they are not cleared to participate but can travel and do day to day activities.

Events: (may change due to PCS or other organizations discretion for any reason including health concerns, facility availability or number of available athletes to perform). To be eligible for the US Nationals Team, an athlete MUST participate in at least 1 PCS event. *Uniform* - ParaCheer Spirit Wolves Uniform may be provided for use for any event and must be returned unless already purchased. \$5 cleaning fee per event.

Social Media Guidelines

PCS realizes that many of you are on social media sites like Facebook, Twitter, Instagram, etc. These are all great tools to alert your followers of your membership of the PCS Team. Please be mindful of what you are posting. Now that you have been selected, you now represent PCS (including all the future and previous accomplishments) and serve as a role model for all athletes in our sport. It is mandatory that you clean up/filter your previous social media and that you reflect PCS in a positive and healthy manner.

Don'ts: Do not post any inappropriate tweets, captions, comments or photos. This includes: Posting derogatory, harassing, or insulting comments or photos about fellow team members, coaches, Cheer staff, or competitors. Photos or videos that contain nudity, underage drinking or drug use, provocative poses, inappropriate attire, etc. Do not post anything that would suggest you disagree with a PCS business decision. Never post photos/videos of illegal stunts or skills, as well as skills on illegal surfaces. Keep in mind that promoting safety is always a priority. Support all safety rules and guidelines on all accounts. Do not claim to be a Paralympian or Olympian as cheer is not yet a Paralympic sport recognized by the USOPC.

Do's: Follow all ParaCheer Spirit social accounts
Youtube page ParaCheer Spirit
Facebook: ParaCheer Spirit Midwest US
Instagram: @Para_Cheer_Spirit
BAND app for communications

Be available for communications on the specified text, email or application. Use proper athlete and disability terminology. Retweet/repost PCS accounts often. Keep your personal accounts appropriate, professional and dignified (This includes Snapchat!) Your personal account is subject to even stricter guidelines, as cheerleaders/dancers typically add your personal account as soon as they find out you are a member of the PCS Team. We have a zero- tolerance policy for alcohol, partying, drugs, inappropriate solicitation or inappropriate language. This includes retweets.

THE SIGNATURE PAGES (2) BELOW ARE REQUIRED IN ORDER TO TRYOUT FOR ANY PCS TEAM.



HANDBOOK SIGNATURE PAGE

I acknowledge that I have read, acknowledged and agreed to all information sheets, program handbooks and guidelines provided to me by ParaCheer Spirit NFP (PCS) either in person or electronically, and any additional supplemental information sheets provided. I acknowledge and agree to any changes, updates or amendments posted via the website, texts, emails, verbally or handouts. I acknowledge and agree to all Health Guidelines. I acknowledge and agree to the ONE strike policy. I acknowledge and agree to submit a medical clearance to participate in the athletic activity. I acknowledge and agree to provide all financial commitments for the program. *Note: the agreement is binding to all current information listed on the website.*

ATHLETE NAME

I HAVE READ THIS RELEASE

ATHLETE SIGNATURE and DATE

I HAVE READ THIS RELEASE

(If under 18 years of age) PARENT NAME

I HAVE READ THIS RELEASE

PARENT SIGNATURE and DATE

I HAVE READ THIS RELEASE

EMERGENCY CONTACT FORM (PLEASE PRINT)

(leaders and advisors must keep copies of this form for all members with them at all times.)

Full name _____ Birthdate _____

_____ Cell _____

Email _____

Parent or Guardian Name _____

Cell _____ Email _____

Mailing Address (street, city, state, zip) _____

Athlete Allergies, Medicine and/or Limitations (food, etc.) _____

Family Physician _____ Physician's phone number _____

In Case of Emergency Contact

Name _____ Relationship _____

Cell _____

2024 2025 ParaCheer Spirit **WAIVER of Liability** and Indemnification

Acknowledgement and Assumption of Risk: The undersigned does hereby acknowledge that he/she is aware of the dangers and the risks to the participant's person and property involved in participating in the activity associated with the registration. The undersigned understands that this activity involves certain risks for physical injury to the participant, as well as risks regarding exposure to transferable viruses due to close contact with teammates. By participating in this activity, the undersigned acknowledges he or she may be increasing the risk of contracting the virus. The undersigned also understands that there are potential risks that may presently be unknown. Because of the dangers of participating in this activity, the undersigned recognizes the importance of complying, and agrees to fully comply with the applicable laws, policies, rules and regulations, and any supervisor's instructions regarding participation in this activity, including instructions related to social distancing precautions, wearing face coverings, physical separation, and sanitization.

The undersigned understands that ParaCheer Spirit NFP does not insure participants in the above-described activity, that any coverage would be through personal insurance, and ParaCheer Spirit NFP has no responsibility or liability for injury or illness resulting from this activity. The undersigned acknowledges that the participant voluntarily elects to participate in this activity with knowledge of the danger involved, and hereby agrees to accept and assume any and all risks of property damage, personal injury or illness, or death. In consideration for being allowed to voluntarily participate in the above-referenced activity, on behalf of myself, the participant, his/her personal representatives, heirs, next of kin, successors and assigns, the undersigned forever:

- a. waives, releases, and discharges ParaCheer Spirit NFP, its board members, agents, officers, and employees from any and all liability for the participant's disability, personal injury or illness, property damages, property theft, death or claims of any nature which may hereafter accrue to the participant, and the participant's estate as a direct or indirect result of participation in the activity or event; and
- b. defend, indemnify, and hold harmless ParaCheer Spirit NFP, its board members, agents, officers and employees, from and against any and all claims of any nature including all costs, expenses and attorneys' fees, which in any manner result from participant's actions during this activity or event.

Participants Responsibilities

_ Messages to athletes/parents/guardians/families (further referred to as Participants) will be communicated through the communication app (text, call, GroupMe, BAND, etc.)

_ Participants are encouraged to shower prior to arriving at an activity. Participants are encouraged to shower and wash their workout clothing immediately upon returning home.

_ Participants shall bring their own water bottle (labeled with First and Last Name), shoes, and towels.

_ Participants will have to complete a self-certification of any illness symptoms (fevers, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell). Participants should stay home if they have any symptoms. If symptoms are present, a participant will not be allowed to participate and will be sent home. In order to return to an activity, a release from a physician is required.

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL CONSENT AGREEMENT ("AGREEMENT IN CONSIDERATION of being permitted to participate in any way in any cheerleading activity ("Activity") at any time during the current calendar year I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of cheerleading. Activities 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 the conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. FULLY UNDERSTAND that: (a) Cheerleading ACTIVITIES INVOLVE 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 RISKS 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 RESPONSIBILITY 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 ParaCheer Spirit NFP, its administrators, directors, agents, officers, members, volunteers, team members, and employees, other participants, any sponsors, advertisers, and, if applicable, owners 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 be incurred as the 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 ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND 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 TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

PRINTED NAME, DATE and SIGNATURE OF PARTICIPANT:

PRINTED NAME, DATE and SIGNATURE of PARENT/GUARDIAN (if 17 years old and younger):