

FAST Football PROGRAM WAIVER

Release and Waiver of Liability, Assumption of Risk, and Indemnity Agreement

In consideration of participating in the FAST Football LLC Summer Program, I represent that I understand the nature of the events and that my minor child is qualified, in good health, and in proper physical condition to participate in these activities. I fully understand that these activities involve some risk of bodily injury that may be caused by my action or inaction, by the action of others participating in the activities, or conditions in which the event takes place. I fully accept and assume all such risks and all responsibility for losses, costs and/or damages I (and/or my minor child) may incur as a result of my minor child's participation. If during participation in these activities, my minor child should need emergency medical treatment and I am not able to give my consent for or make my own arrangements for that treatment, I authorize the FAST Football LLC Summer Program to take whatever measures are necessary to protect my minor child's health and wellbeing, including, if necessary, hospitalization I (and/or my minor child) release, indemnify, covenant not to sue, and hold harmless FAST Football LLC, Sequoia Union School District, its administrators, directors, agents, officers, volunteers, and other participants, and sponsors, and advertisers, from all liability, and losses, claims demands, costs, or damages that I (and/or my minor child) may incur as a result of participation in the FAST Football Summer Program and further agree that if, despite this "Release and Waiver of Liability, Assumption of Risk, and Indemnity Agreement", I, or anyone in my behalf, makes a claim against any other Releases, I will indemnify, save, and hold harmless each of the releases from any litigation expenses, attorney fees, loss, liability damage or costs which may incur as a result of such claim. I HAVE READ THIS "RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT AND FULLY UNDERSTAND IT."

SIGNATURE OF PARENT OR GUARDIAN

DATE _____/_____/2023

Sign _____

Player Name (please print)

Cost: Summer Training Program \$175

Summer Training Program: June 13th-July 20th (Tue/Wed/Thu) includes 17 sessions (no session July 4th). Tue/Thu 3-4pm workout, 4-6 pm position and group work. Wed 4-6pm position/group/team session.

All players must have a waiver to participate in any activities. Included in this program are: strength and speed training, football field training, 7v7 competitions against other groups at various locations, participation in the Air Sequoia Football 7v7 tournament, direct football instruction in a classroom setting, plus other events TBA. Contact Coach Poulos if there are any questions.

FAST Football: FAST stands for Functional Athletic Strength Training. Training will vary by sport but will include plyometrics, various strength training concepts including Olympic lifts and Crossfit, sport specific movements and technique training. Additional programs will be made available targeting other sports and their specific needs.

FAST Football Summer Program



Phone: 650-394-6404
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