

**RELEASE AND WAIVER FORM**  
**Kostroski Hoops.**

I \_\_\_\_\_ acknowledge that I am participating in **Seth Kostroski hoops training** in 2020. By voluntarily participating in the trainings, I acknowledge that I am exposing myself to potential dangers and risks, including, without limitation, personal injury, injuries to others, injury to property, bodily harm and/or death.

I HEREBY ASSUME ALL OF THE RISKS OF MY PARTICIPATION, including, by way of example and not limitation, any risks that may arise from negligence or carelessness on the part of the trainers, and the related and affiliated companies, shareholders, directors, officers, contractors, employees and agents.

I HEREBY FOREVER WAIVE, RELEASE, REMISE, DISCHARGE, INDEMNIFY AND SAVE HARMLESS EACH OF THE KOSTROSKI HOOPS, AND TRAINERS RELATED AND AFFILIATED COMPANIES, SHAREHOLDERS, DIRECTORS, OFFICERS, EMPLOYEES AND AGENTS FROM AND AGAINST ALL PAST, PRESENT OR FUTURE CLAIMS AND LIABILITIES OF WHATSOEVER NATURE (INCLUDING, WITHOUT LIMITATION, LIABILITY FOR ANY PERSONAL INJURY, INJURIES TO OTHERS, BODILY HARM AND/OR DEATH) IN RESPECT OF OR ARISING DIRECTLY OR INDIRECTLY, IN ANY MANNER FROM ANY PARTICIPATION IN THE TRAINING, WHETHER DURING CLASSES, BREAKS OR OTHERWISE DURING THE WORKOUTS.

I HEREBY ACKNOWLEDGE that I have read this Release thoroughly and I fully understand it. I am voluntarily executing this Release and would not otherwise be permitted to participate in this activity. I acknowledge that this release restricts me from suing or otherwise claiming against the Kostroski Hoops, presently or at any future time, for damage, loss, or injury (as specified above), including death, that may occur as a result of my visit.

IN ADDITION TO THE ABOVE, I HEREBY CONSENT to the use of my name, likeness, portrait, picture or photograph, and acknowledge and agree that my name, portrait, likeness, picture or photograph may be used on the Kostroski Hoops website ([www.kostroskihoops.com](http://www.kostroskihoops.com)) and/or used on Kostroski Hoops social media, including, without limitation, Facebook, Instagram and Twitter, and in promotional products, including, without limitation, publications, commercial tie-ins, videos, posters and displays.

Date: \_\_\_\_\_

Print Name of Parent: \_\_\_\_\_

Parent Signature (If Attendee under 18) \_\_\_\_\_