

## RELEASE/WAIVER OF LIABILITY / INDEMNITY AGREEMENT

In consideration of being allowed to participate in any way in the Athletic Coaching Solutions, LLC program, and related teams, training, events and activities, the parent(s) and/or legal guardian(s) of the minor participant named below:

- 1. ACKNOWLEDGES** that participant has and is hereby advised to seek and obtain any necessary medical clearances from their physician prior to beginning any exercise activity and has obtained the necessary medical clearances to participate in activities and programs. **FURTHER ACKNOWLEDGES** that the participant is physically fit and mentally capable of performing the physical activity they have chosen to participate in, that they are in good health, not under the influence of any substance.
- 2. ACKNOWLEDGES AND FULLY UNDERSTANDS** that each participant will be engaging in **ACTIVITIES THAT INVOLVE RISK OF SERIOUS INJURY, INCLUDING PERMANENT DISABILITY AND DEATH**, and severe social and economic losses might result not only from their own actions, inactions, or negligence, but the action, inaction, or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, there may be other risks not known to us or not reasonably foreseen at this time.
- 3. ASSUMES ALL OF THE FOREGOING RISK AND ACCEPTS PERSONAL RESPONSIBILITY FOR THE DAMAGES** following such injury, permanent disability or death.
- 4. RELEASES, WAIVES, DISCHARGES, AND COVENANTS NOT TO SUE** Athletic Coaching Solutions, LLC, their respective administrators, directors, agents, coaches, and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and leasers of premises used to conduct the event, all of which are hereafter referred to as "releases", from any and all liability to each of the undersigned, his or her heirs and next-of-kin for any and **ALL CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON ACCOUNT OF INJURY, INCLUDING DEATH OR DAMAGE TO PROPERTY, CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.**
- 5. GIVES PERMISSION** to Athletic Coaching Solutions, LLC and Golden Valley Elite associates for the free use of participant's name, likeness and/or photograph and or video imaging for use in broadcasts, telecasts, newspaper, social media, via online and/or printed materials for the promotion of this organization, programs and events. **RELEASES** Athletic Coaching Solutions, LLC and all its associates from any claims for compensation associated with any forms of damages, foreseen or unforeseen, associated with the use of the images or videos.
- 6. AGREES** that participant will follow and abide by the rules, policies and code of conduct of Athletic Coaching Solutions, LLC and Golden Valley Elite, and recognizes participant's responsibility to demonstrate good character, integrity, and sportsman-like conduct. **FURTHER AGREES** that participant will not violate the rules of the sport or the event, will not engage in abusive language, or disrespect the volunteers, officials, coaches or fellow competitors. **FURTHER AGREES** that any such unsportsmanlike conduct may result in disqualification from Athletic Coaching Solution, LLC and Golden Valley Elite programs, games, events, etc.

**I/WE HAVE READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT WE HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND WE HEREBY SIGN IT VOLUNTARILY.**

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name of Parent/Guardian: \_\_\_\_\_ Relationship: \_\_\_\_\_

Parent/Guardian Email Address: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

Printed Name of Minor Participant: \_\_\_\_\_ Age/Grade: \_\_\_\_\_