

FALCON SPORTS CAMPS APPLICATION

Name _____ Grade Completed _____ Age _____
 Address _____ Home Phone _____ Ht. _____ Wt. _____
 City _____ State _____ Zip _____ School _____
 Parent or Guardian Names _____
 Father's Work Phone _____ Mother's Work Phone _____
 T-Shirt Size : (Circle your size) Adult: XL L M S Youth: M L

FOR OFFICE USE ONLY
Date Received _____
Camp #s _____
Cost _____

Circle Camp(s) you will be attending:
 1 2 3 4a 4b 5a 5b 5c 6 7 8 9 10 11 12 13a 13b 13c 14 15a 15b 16a 16b 17 18 19 20

Check box: **Co-Ed Competitive Tennis League Training** **Girl's League Volleyball Training**

Please read and sign this form and check the sports you have signed up for.

I agree to follow the safety rules as well as any others given by my coach. Further, I agree to immediately report any unsafe practices, conditions, or equipment to my coach. I also agree to report any injury to the coaching staff on the day that it occurs. I have read the information warning of risks, I fully know, understand, and appreciate the risks inherent in the sports I have signed up for, and I am voluntarily participating in these activities.

 Participant Signature Name (please print)

Hold Harmless Agreement for the 2010 Falcon Sports Camps

Every sport has certain inherent risks, and regardless of the precautions taken, it is impossible to ensure the safety of the participant completely. To help reduce the chance of injury to yourself and other participants, the following safety rules need to be followed during your participation in the Sports Camps. Participants will (1) wear the proper equipment when they are on the court or playing field, (2) obey the rules of the sport, and (3) report all discovered defects in the court or playing field.

Please check which sports you have signed up for:

- Baseball & Softball** - Baseball & Softball involves quick bursts of speed, long periods of running, and physical contact with a pitched or thrown ball and other participants. Some possible hazards could include, but are not limited to: muscle strain, sprains, fractures, contusions, abrasions, and dehydration, the possibility of being struck by the ball or colliding with another player.
- Basketball** - Basketball involves quick bursts of speed, long periods of running, and physical contact with a ball and other participants. Some possible hazards could include, but are not limited to: muscle strain, sprains, fractures, contusions, abrasions, and dehydration, the possibility of being struck by the ball, colliding with another player or the floor.
- Cheerleading** - Cheerleading is a gymnastic type of activity involving physical contact with other participants. Some possible hazards could include, but are not limited to: muscle strain, sprains, fractures, contusions, abrasions, and dehydration, the possibility of being dropped, colliding with another participant, or falling.
- Cross Country / Track & Field** - Cross country requires an appropriate level of fitness and stamina. It involves quick bursts of speed. Some possible hazards could include, but are not limited to: Muscle strain, sprains, slipping or falling and dehydration.
- Soccer** - Soccer involves quick bursts of speed, long periods of running, and physical contact with a ball and other participants. Some possible hazards could include, but are not limited to: muscle strain, sprains, fractures, contusions, abrasions, and dehydration, the possibility of being struck by the ball, colliding with another player or with goal posts, and poor weather conditions.
- Tennis** - Tennis involves quick bursts of speed, jumping, backward movements and sometimes physical contact with other participants. Some possible hazards could include, but are not limited to: Ankle sprain; slipping or falling on hard-court surface; being hit by a ball or partner's racket; running into net or fence.
- Volleyball** - Volleyball involves quick bursts of speed, jumping, and physical contact with a ball and other participants. Some possible hazards could include, but are not limited to: muscle strain, sprains, fractures, contusions, abrasions, and dehydration, the possibility of being struck by the ball or colliding with another player, with net posts or the floor.

 Participant Signature

 Parent/Guardian Signature

 Date

 Parent/Guardian Signature

 Date