

WAIVER AND RELEASE AGREEMENT

Please read carefully before signing

This is a release of liability and waiver of certain legal rights

As additional consideration for FAST LLC. ("FAST") allowing both my participation in an athletic training program or instruction and use of its facilities, I agree to the following Waiver and Release:

I acknowledge that participation in any athletic training program, including but not limited to gymnastics, dance, tumbling, tumble track, and stunting, has certain inherent risks, hazards, and dangers which cannot be completely eliminated despite all safety precautions, including the potential for severe injury, paralysis or death. I AM VOLUNTARILY PARTICIPATING IN THE ATHLETIC TRAINING PROGRAM(S) AND INSTRUCTION OFFERED BY FAST WITH FULL KNOWLEDGE OF THE INHERENT RISKS, HAZARDS, AND DANGERS INVOLVED AND HEREBY ASSUME AND ACCEPT ANY AND ALL RISKS OF INJURY OR DEATH.

I, for myself, my heirs, successors, executors, and assigns, hereby KNOWINGLY AND INTENTIONALLY WAIVE, RELEASE, AND HOLD HARMLESS FAST, its members, directors, officers, agents, employees, instructors, coaches and volunteers from and against any and all claims, actions, causes of action, liabilities, suits, expenses (including reasonable attorney's fees) arising directly or indirectly from my participation in any athletic training program or instruction offered by FAST or arising while I am under the instruction, supervision, and/or control of FAST, regardless of whether the damage, loss, injury, paralysis, or death results from the negligence of FAST or from some other cause.

I HAVE CAREFULLY READ, CLEARLY UNDERSTAND, AND VOLUNTARILY SIGN THIS WAIVER AND RELEASE AGREEMENT.

You must be at least 18 years old to sign, otherwise the signature of a parent or legal guardian is required:

Signature: _____ Date: _____

Print Name: _____

Name of Participant: _____

Registration Information

Athletes Name _____ School _____

Birthdate _____ Age _____ Email _____

Parent or Guardian _____

Address _____

Zip code _____ Home phone _____ work/ Cell _____