

# **Barrington High School Boys Lacrosse - Summer Conditioning Program**

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Dear Parents and Players,

As the 2010 high school lacrosse season draws to a close we would like to bring to your attention a great opportunity to propel your son's off-season training to the next level. The off-season provides the best opportunity to build strength, increase speed, improve agility and learn about injury prevention. Below is the registration form and Liability Waiver for the Barrington Boys Lacrosse Summer Conditioning Program.

This program is strongly recommended for all incoming Freshman and current players. These sessions will develop fundamental weight lifting, agility and power skill sets that will be used in the pre-season and 2011 in-season conditioning programs. The program will alternate between strength/power and speed/agility modalities.

## **BHS Lacrosse Summer Lifting Program Details**

Cost: \$150 for 22 sessions

Structure: Tuesday and Thursday

Dates: June 8, 2010 through August 20, 2010

Time: 6:00 AM to 7:00 AM

Location: BHS High School Weight room, Field Turf and Front Lawn

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: (\_\_\_\_) \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

POSITION: \_\_\_\_\_

YEARS OF EXPERIENCE: \_\_\_\_\_

- Please make checks payable to "Chris Bluse" and turn in with the registration form to Chris Bluse at the end of the year banquet on June 7<sup>th</sup>, 2010 at the BHS Cafeteria.
- If you are an incoming Freshman, please send your registration form and your check to the following address:

**Chris Bluse  
211 E. Hillside Ave.  
Barrington, IL 60010**

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## **Athletic Waiver and Release of Liability**

This document must be read, signed and received prior to player's participation. Submit this completed waiver with your mailed-in application or when you check in at camp.

**Player's Name:**

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In consideration of being allowed to participate in any way in the Barrington High School Boys Lacrosse athletic programs, related events and activities, the undersigned acknowledges, appreciates and agrees that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation: and,
3. I willingly agree to comply with the stated customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and will immediately bring such hazard(s) to the attention of the nearest official: and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS, Christopher Bluse, Brian Niven, their officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of the premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or less damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF THE RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT INDUCEMENT.

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**Participant's Signature:**

**Date:**

For Participants of Minority Age (Under 18 at the time of registration)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE.

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**Parent / Guardian Signature**

**Date**

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**Print Name**