

Minor Waiver and Release of Liability

July 20th to July 31st

\$30 Donation

**All Proceeds benefit the
Tri-State Tar Heels AAU
11-under Girls Basketball.**

**Football
Summer
Workout!
Speed, Agility &
Endurance**

As a parent or Guardian of the Registered child, I/We hereby give approval to his/her participation with in the Football Summer Workout. All insurance coverage will be through our own Insurance plan. In case of injury to my child, I agree to waive all claims resulting from, or in connection with, the activities in which my child is a participant. I hereby release, absolve, indemnify and hold harmless the Football Summer Workout, Tri-State Tar heels, it's directors, it's coaches & volunteers.

**I/WE HAVE READ THE ABOVE
WAIVER AND RELEASE. I/WE UN-
DERSTAND THAT WE HAVE GIVEN
UP SUBSTANTIAL RIGHTS BY
SIGNING IT AND SIGN IT VOLUTAR-
ILY.**

X _____

(signature of parent or guardian)
DATE

X _____

(signature of parent or guardian)
DATE

PRINT NAME OF PARTICIPANT:

**Monday - Thursday
6:30pm to 8:30pm
Outdoors @ Pricketts Mill
Park**



**Vasco M. Tejada
203 Oakshade Road
Tabernacle NJ
08088**

"We focus on developing an athlete's mind and body to compete at the highest level".



Coach: Vasco M. Tejada & Staff

BENEFITS OVERVIEW

The Summer Workout offers a comprehensive training plan designed to meet the individual needs of all our members:

- Speed & Agility
- Strength & Endurance
- Balance & Coordination
- Field generalship
- Winning Attitude
- Lasting Friendships

Some reasons why this Summer Workout is great for Football Players of all ages:

- Proven success
- Parent participation
- Exciting workouts
- Individual training
- Competitive Environment
- FUN for all ages and levels



Ready for combat!



Speed & Agility Training



Flag Football 2008

2009 Application Form

NAME: _____

DOB: _____

FAVORITE SPORT:

HOME ADDRESS:
STREET _____

CITY _____ ZIP _____

CELL _____

EMAIL _____

EMERGENCY CONTACT:
NAME _____

PHONE _____

X _____
(PARENT OR GUARDIAN SIGNATURE)

Summer 2008- Lots of Fun after a tough workout!

\$30 DONATION

MAKE CHECKS PAYABLE TO:

VASCO M. TEJADA