

EDMONDS WOODWAY WARRIORS

SPEED & AGILITY TRAINING

8 Sessions

\$50

For Athletes

Ages 7-14



Tuesdays

&

Thursdays

July 9th - August 1st

10:00am to 11:00am

Edmonds Stadium



Training conducted by
Jeff Miller, Owner
 Absolute Fitness & Sports Performance
www.traincompetedominate.com



To Register:

Mail the **completed form** (on back) and a **check for \$50.00** payable to **EW Athletic Booster Club**

to:

Edmonds-Woodway H.S.
 c/o Coach John Gradwohl
 7600 212th St. SW
 Edmonds, WA 98026

Warrior Speed & Agility Training will provide complete, step by step coaching and training, proven to develop speed, helping young athletes reach their potential.

Please wear athletic/running shoes, sweats or shorts, a t-shirt and bring water to each session.

This is conditioning and training open to area residents. Parents should make arrangements to pick up their child at the end of each session.

For more information call:

(425) 336-2434

or email:

info@edmondswarriors.com

2012 Warrior Football Camp

Details and registration at:
www.edmondswarriors.com

\$80
 4 Days

Ages 7 to 14

July 8th - July 11th
 Mon, Tues, Wed, Thu

3:00pm to 6:00pm

Edmonds District Stadium

Held by the staff of Edmonds Woodway H.S. and College Place M.S.

Edmonds Warriors Junior Football

Details and registration at:
www.edmondswarriors.com



Ages 6-14

6 Levels of Play

Organized by Age & Weight
 Practice begins August 1st
 Games begin September 7th

Assumption of Risk/Permission to Participate

As a parent or guardian of a student requesting to register for participation in the 2013 Edmonds-Woodway High School Speed & Agility Training sponsored by the Edmonds School District, I hereby acknowledge that I have read, understood, and agree to the following:

1. I acknowledge that sports programs entail many risks of injury, even when played in an instructional clinic environment. These risks of injury include, but are not limited to, death, serious neck and spinal injuries (which may result in complete or partial paralysis), brain damage, serious injury to virtually all internal organs, bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system and serious injury or impairment to other aspects of the body, general health, and well-being.

(Parent initials)

2. I further certify that my child has no medical or physical conditions which could interfere with his/her safety in this activity, or else I am willing to assume and bear the costs of all risks that may be created, directly or indirectly, by any such condition.

(Parent initials)

Medical Information

The following special health problems should be noted: _____

In the event of an emergency, I wish the following person to be notified in case I cannot be contacted:

Phone _____

Medical Release

In the event of an accident or illness, I understand that reasonable effort will be made to contact the parent/guardian immediately. However, if I am not available, I authorize the Edmonds School District to secure emergency medical care as needed.

Name of Preferred Doctor _____ Phone _____

Medical Insurance

I understand that I am assuming financial responsibility for medical expenses that may arise from my child's participation and that **the Edmonds School District requires but does not provide medical insurance for my child.** I certify that my child has current medical coverage under the following plan:

Health Insurance Carrier: _____ Plan Number (required): _____

All participants are required to have medical or student accident insurance. Student accident insurance is available through your school. Contact your school's main office, head coach, or school athletic trainer for information.

Although I understand that the Edmonds School District will make reasonable effort to provide a safe environment, I am fully aware of the special dangers and risks inherent in participating in this activity, including physical injury and/or death. Being fully aware of the risks, I hereby give

permission for _____ who attends _____ to
(Student) (School)

participate in the 2013 Edmonds-Woodway High School Warrior Speed & Agility Training, July 9-August 1, for the purpose of improving coordination, speed, agility and athletic and performance level.

Parent/Guardian Name _____ Home Phone _____
(please print)

Address _____ Work Phone _____

Parent/Guardian Signature _____ Date _____