

OVERDRIVE FITNESS

Coach Teddy Guerzon
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NANUET BLACK & GOLD CLUB STRENGTH & CONDITIONING 2015-16

WHEN: Monday - Friday 3:30 pm & 6:30 pm. Saturday 10:00 am
WHO: Any Nanuet High School athlete belonging to the Nanuet Black & Gold Club
WHAT: Athletes will work diligently to improve their strength, speed, agility, endurance, lateral and linear efficiency, deceleration and landing technique, mobility, and flexibility. In-season athletes will be advised to attend no more than 2 workouts per week as their programming will be different than off-season athletes.

Be on time! Water will be provided for all athletes, however each athlete is responsible for cleaning up after himself. All trash MUST be thrown away at the end of each session. Dirty shoes are not permitted in the facility so please bring a change of shoes.

- ☐ 16 Strength & Conditioning Sessions \$200 (50% off the regular price)
☐ Unlimited Strength & Conditioning Sessions . . \$190/month (4-month commitment waived)

Athlete's Name: _____ Date: _____

Black & Gold Club Member #: _____ Grade: _____ DOB: _____

Parent's Name: _____ E-mail: _____

Home Phone: _____ Cell Phone: _____

Address: _____ City, State, Zip: _____

How did you hear about us? (Please circle all that apply)

Coach _____ Event _____ Friend _____ Newspaper/Magazine _____ Online _____ Other _____

Payment Type: (Please circle) Cash Check Credit Card

For Credit Card Payments:

Cardholders Name: _____ Amount to be charged: _____

Signature of Cardholder: _____

AMEX MasterCard Visa Other _____ Card Number _____

Expiration Date: _____ CVV: _____

PROMOTIONAL RELEASE

In additional consideration of being permitted by Overdrive Fitness to participate in its training, I hereby permit The Overdrive Fitness to use my name, image and likeness for promotional purposes limited to its athletic training programs and facilities. The Overdrive Fitness Corp's promotional mediums include but are not limited to print, video, television, and the Internet.

I acknowledge that I have read this release and waiver and fully understood its contents. I have been fully and completely advised of the potential dangers incidental to engaging in the activity and instruction of athlete training and I am fully aware of the legal consequences of signing this release. I voluntarily agree to the terms and conditions stated above.

Athlete's Signature: _____ Date: _____

Parent/Guardian's Signature: _____ Date: _____

RELEASE OF LIABILITY – READ BEFORE SIGNING

In consideration of being allowed to participate in any way in the OVERDRIVE FITNESS CORP program, its related events and activities, I, _____, the undersigned, acknowledge appreciate, and agree that:

The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,

I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,

I willingly agree to comply with the stated and 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 bring such to the attention of OVERDRIVE FITNESS CORP immediately; and,

I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS OVERDRIVE FITNESS CORP, GMD Bodywork Inc., All County Properties, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used for the activity ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property associated with my presence or participation, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

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

X _____ AGE: _____ Date Signed: _____
Signature of Participant

FOR PARENT/GUARDIANS OF PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT 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 all the Releasees, and, for myself, my child, and our 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 THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

X _____ Date Signed: _____
Parent/Guardian Signature Print Name