



**San Diego Waves XTC- 2025 SDW Cross Country Training**  
**Membership Trial Permission Form**

We appreciate your interest in having your athlete participate in the San Diego Waves Running Club. Please complete the following information below which allows your athlete to participate & train with the San Diego Waves XTC for up to 2 sessions (Aug 7-14, 2025). Print Clearly.

Name of Athlete: \_\_\_\_\_ Age: \_\_\_\_ Birth date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Cell phone (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

Emergency Contact Information:

Name: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_ Relation: \_\_\_\_\_

Your signature below gives your child permission to participate in the San Diego Waves practices from:  
August 7-14, 2025 (up to 2 sessions).

**WAIVER AND RELEASE FROM LIABILITY AND INDEMNITY AGREEMENT**

In consideration of your acceptance to this application, the undersigned for himself/herself and personal representatives, assigns, heir next of kin, hereby agree as follows:

1. Undersigned WAIVES and RELEASES any and all claims, rights, and or causes of action which undersigned now has or may have against the San Diego Waves, its respective officers, coaches and members, City of San Marcos, City of Vista, San Marcos Unified School District FOR ANY AND ALL CLAIMS, SUITS, LIABILITY, INJURIES, INCLUDING LOSSES AND DAMAGES, which may occur to or be inflicted upon undersigned or his/her property, including but not limited to those which relate to, or which may in any way be caused by the negligence of San Diego Waves XTC, its' respective officers, coaches, and members, while the undersigned is participating in and/or in route to any or from any San Diego Waves XTC club event.
2. Undersigned INDEMNIFIES AND HOLDS HARMLESS San Diego Waves XTC, its respective officers, coaches, members, City of San Marcos, City of Vista, San Marcos Unified School District FROM ANY AND ALL CLAIMS, SUITS, LIABILITY, INJURIES, LOSSES AND DAMAGES to the person or property of any individual or entity which arises by undersigned participation in a SD Waves XTC event.
3. Undersigned VOLUNTARILY ASSUMES ALL RISKS of loss, damage or injury that may be sustained by undersigned while participating in any San Diego Waves XTC event.
4. Undersigned has been warned that he/she must be in good physical condition to participate in San Diego Waves XTC activities.
5. Undersigned has read this entire document, understands its contents, and voluntarily signs this Waiver and Release from Liability and Indemnity Agreement.

In agreement to the undersigned executes this document on DATE: \_\_\_\_\_

Signature: \_\_\_\_\_ (Parent or Legal Guardian)