

# Speed & Agility

# TRAINING

## THE EDGE @ River's Edge

Improve Change of Direction Skills & Speed @ River's Edge with The Edge & Rex Currin!

- **\$150 per 7 week session**
- **Individuals train with their age group**
- **Teams train together**
- **Please wear gym shoes**
- **Medical Release form required**
- *Lateral Speed, Straight Ahead Speed, Over-Speed Training, Footwork Agility, Explosive Speed Training, Change of Direction Agility*
- *Training sessions consist of 4 or 5 instructed circuits: Agility Ladders, Dot Pads, Parachutes, Speed Cones, Sparq Hurdles, Harness, Jump Ropes*
- *Plyometric Box Jump Drills for Jr. High & older*

Please Select Session (3 sessions offered at River's Edge):

- Session 1 (5:30 - 6:30 pm)** June 10, 11, 13, 17, 18, 20 and July 1, 2, 8, 9, 11, 15, 16, 18
- Session 2 (5:00 - 6:00 pm)** Nov. 4, 6, 11, 13, 18, 20, 25, 27 and Dec. 2, 4, 9, 11, 16, 18
- Session 3 (6:00 - 7:00 pm)** Jan. 14, 16, 21, 23, 28, 30 and Feb 4, 6, 11, 13, 18, 20, 25, 27

Name \_\_\_\_\_ School \_\_\_\_\_ Grade \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Please make checks payable to **Rex Currin** (2086 Earlwood Ct. 45238)

Any questions, contact Chris or Rex:

**Chris Mitchell:** 513.264.1775 / chrism@riversedgeindoor.com

**Rex Currin:** 513.503.3342 / currin214@yahoo.com



5255 St. Rt. 128  
Cleves, OH 45002

**June/July • Nov/Dec • Jan/Feb**

**RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL CONSENT AGREEMENT  
("AGREEMENT")**

In CONSIDERATION of being permitted to participate in any way in any events at any time during the current calendar year ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of Speed Training and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. FULLY UNDERSTAND that:(a) ALL ACTIVITIES INVOLVE RISKS OF SERIOUS BODILY INJURY, b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation or that of the minor in the Activity.
3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE~THE EDGE~ SPEED TRAINING AND CONDITIONING GROUP, administrators, directors, agents, officers, members, volunteers, team members, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and leasers of premises on which the Activity takes place, (each considered one of the RELEASEES herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any obligation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

PRINTED NAME OF PARTICIPANT: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
(Street) (City) (State) (Zip)  
 PHONE: \_\_\_\_\_  
 PARTICIPANT'S SIGNATURE (only if age 18 or over) \_\_\_\_\_  
 DATE: \_\_\_\_\_

**Minor Release**

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY, I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEE'S FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

PRINTED NAME OF PARENT/GUARDIAN: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
(Street) (City) (State) (Zip)  
 PHONE: \_\_\_\_\_  
 PARENT/GUARDIAN SIGNATURE (only if participant is under the age of 18): \_\_\_\_\_  
 DATE: \_\_\_\_\_