

CDH Pre-Tryout CONDITIONING SESSIONS – Highland South Arena

For returning Varsity/JV players and all other juniors and seniors - Cost: \$75

Mon	Oct 27	2:50-3:50 pm
Wed	Oct 29	3:00-4:00
Fri	Oct 31	3:00-4:00
Mon	Nov 3	4:10-5:10
Wed	Nov 5	4:10-5:10
Fri	Nov 7	4:10-5:10

For new freshmen and sophomores – Cost: \$35

Wed	Oct 29	4:10-5:10
Fri	Oct 31	4:10-5:10
Wed	Nov 5	4:10-5:10

Please complete the Waiver information below, detach and return with your payment to:

Mike Zasada
7379 Meadow Grass Ct. S.
Cottage Grove, MN 55016

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CAPTAIN'S PRACTICE PERMISSION, ASSUMPTION OF RISK AND WAIVER OF LIABILITY

The undersigned, as parent and/or guardian of _____, the participant, consents to his participation in off season conditioning sessions, also known as "Captain's Practices".

My payment and/or signature acknowledge that I understand the following:

- 1) Participation is voluntary, that no insurance coverage is provided by the organizers, and that participation assumes the risk of injury or loss, not limited to activities at the ice arena and travel to and from.
- 2) Participant assumes the responsibility to provide their own protective equipment.
- 3) Participant is physically fit to perform vigorous conditioning exercises.
- 4) Activities on the ice may or may not be supervised.
- 5) There are no medical personnel present during the activities.
- 6) The undersigned and participant waives all claims or actions against the organizers and Cretin-Derham Hall High School.
- 7) I represent and warrant that I have the authority to sign this agreement on behalf of the participant, and that if the participant has reached 18 years of age; he will also be a signatory acknowledging the above.

Parent/Guardian Name: _____

Signature: _____ Date: _____

Participant: _____

Signature of Participant: _____ (If 18 or older)

Emergency Contact #: _____