

XL Training

Surpass Your Fitness and Performance Barriers

www.xltraining.net

ACL Injury Reduction Seminar - March 2, 2019 or March 3, 2019

Registration and Waiver

Program	Days	Cost	Time Slots	T shirt size
March 2	Saturday	\$35	1:00 – 2:30pm	S M L
March 3	Sunday	\$35	1:00 – 2:30pm	S M L

Athlete's Name				Birth Year	
Parent's Name					
Address					
City			State		Zip Code
Primary Phone			Phone 2 (optional)		Email
Emergency Contact			Phone Number 1		Phone Number 2

Payment Method: Check made out to XL Training.

Waiver: I acknowledge that physical exercise carries inherent risks and in consideration of my participating in the services offered by XL Training, I hereby: (A) Waive, release, indemnify, and hold harmless XL Training, its employees and officers for my death, disability personal injury, property damage, property theft, and (B) consent to receive medical treatment that may be deemed advisable in the event of injury, accident, and/or illness during this event.

Athlete's Signature (parent or guardian for under the ages of 18): _____

Signed waiver may be emailed to brian.robinson@xltraining.net or mailed with payment to:

Brian Robinson
41 Soundview Ave.
Rye, NY 10580

