


WEST END SUMMER TRAINING 2017



June 12th - Aug 4th 

OPEN TO ANY MIDDLE OR HIGH SCHOOL AGED ATHLETE 6TH-12TH GRADE

What: 8 weeks of running based endurance training to prepare athlete's for their fall competition season.

Where: Meets at the Dog Park, at the corner of the Grandview Parkway and Division St in TC

When: High School Athletes Monday/Wednesday/Friday 8am-9:30am,

Tuesday/Thursday 7:30am-9:00am

Middle School Athletes Monday/Wednesday/Friday 8am-9:30am

Cost: \$35 High School Individual (\$30 each if more than 1 family member joins W.E.S.T.)

\$25 Middle School Individual (\$20 each if more than 1 family member joins W.E.S.T.)

\$10 alumni

Entry fee includes training, group shirt, and potential snacks during the 8 weeks.

Questions? Contact Coach Diane Goss goss.diane@gmail.com or Coach Bryan Kay kaybr@tcaps.net

Mail the below entry form before June 7th or bring with you on Monday June 12

Mail to: West End Summer Training c/o Diane Goss 11226 S W Bay Sh Dr, Traverse City MI, 49684

Athlete's Name: _____ Parent/Guardian Name _____

Athlete's Upcoming Grade _____ Athlete's Primary Sport _____

Parent's Phone # _____ Parent's Email Address _____

Emergency Contact (other than parent listed above) _____

List Any and All Allergies _____

Shirt Size (please circle size): Youth Small, Youth Med, Youth Large, Youth XL

Women's XS, Women's Sm, Women's M, Women's L, Women's XL, Women's 2XL

Men's Sm, Men's M, Men's L, Men's XL, Men's 2XL

MINOR RELEASE: AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF ATHLETIC 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 RELEASES 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 "RELEASES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DISPUTE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULTS OF ANY SUCH CLAIM. West End Summer Training coaches, volunteers and members assume no liability for any injury which may occur through the participation in program training runs or any/all program related activities.

PRINTED NAME OR PARENT/GURADIAN: _____ Phone: _____

PARENT/GUARDIAN SIGNATURE (only if participant is under the age of 18): _____ DATE: _____