

Girls' Basketball Skills Camp

Details:

When: Sunday's April 10th – May 1st (4 weeks)

Who – 6-7pm Current 6th grade – 8th grade Girls
7-8pm Current High School Girls

Where - Ageless in Gillespie

What's included: One 60 minute training session per week

Cost: \$30 for all CUSD #7 athletes and \$50 for all out-of-town athletes

Misc: Spots are limited to 10 athletes. All spots are filled on a first-come-first-serve basis. There are no make-up sessions and/or refunds.

100% of the proceeds will be donated to the CUSD #7 Art Department to purchase materials for the upcoming school year.

If you ever have any questions, please call Ageless at 217-839-2484 or e-mail BeTheChange@ageless-fitness.com.

Please return the form below to Ageless in Gillespie or mail it to: Ageless, 103 North Jersey Street, Gillespie, IL 62033.

Girls' Basketball Sessions

Name: _____

Grade level: _____

Parents' Names: _____

Phone number: _____

E-mail address: _____

Liability Waiver

As the parent or legal guardian of _____ (print name of child), I hereby give permission for my child to participate in activities at Ageless, LLC. I understand that the program has activities that can involve physical contact with other participants, the ground or equipment, and that there is a resulting risk of physical injury to my child.

I have explained these risks and benefits of participating in this program to my child and my child is in proper physical condition and has no existing injuries or conditions that could jeopardize his/her safety or health, or the safety or health of the other participants.

I therefore release and discharge all liability for any harm or injury suffered directly or indirectly as a result of my child's participation in any activities at Ageless LLC, including but not limited to the LI' Muscles Exercise Program, whether or not resulting from negligence, and I agree not to sue Ageless, LLC, its representatives, staff, or volunteers on any such claim. I also give permission for the staff, representative, or volunteers of Ageless, LLC to administer first aid or to seek medical care for my child during my child's participation in the program, including transportation of my child to a medical facility for additional treatment that appears necessary.

Print name of Parent/Guardian: _____

Signature of Parent/Guardian: _____