

**GENERAL RELEASE FORM**  
**Statement of Understanding  
& Release of Liability**

By signing below, I hereby authorize Bye Dietz Sports, LLC, to act for me, my child (full name) \_\_\_\_\_ or guest in an emergency and hereby release and agree to indemnify Bye Dietz Sports, LLC, their coaches, and their employees, and other participants from any liability for any injuries or illness, losses, or damages sustained while I, the above minor, or guest are involved or participating in any Bye Dietz Sports, LLC training session. I further understand that attending a program of this kind can involve risk of injury. I accept full responsibility for my and the above-mentioned participant's medical bills, if any, and all other associated expenses as a result of injuries or illness sustained while any of the said persons are in attendance. The above-mentioned person is attending this program at his/her own risk.

**Photographs & Videos**

By applying for this camp, I understand and authorize that Bye Dietz Sports, LLC may take photographs and/or videos of camp participants and activities. I agree that Bye Dietz Sports, LLC shall be the owner of and may use such photographs and videos relating to the promotion of future camps. I relinquish all rights that I may claim in relation to the use of said photographs and videos.

\_\_\_\_\_  
Parent/Guardian Signature      Date

\_\_\_\_\_  
Print Parent/Guardian Name

**Please return the Enrollment and  
General Release Form  
by **May 25, 2010** for **Summer Session 1**  
or by **July 4, 2010** for **Summer Session 2****

**MISSION**

**To train, educate and  
motivate athletes to become  
the fastest, strongest, and  
best-conditioned performers  
they can be.**

**ACHIEVING THE MISSION**

The athletes will participate in workouts designed specifically to enhance strength, speed, power, agility, reaction, coordination, balance, body awareness, core strength, and flexibility. Participants will train in a safe and controlled environment under the watchful eye of our highly experienced and knowledgeable coaching staff.

The camp will meet **3** days a week for training sessions. Each athlete will also be provided with **6** workouts per week, allowing the athletes to train outside of camp days. To show you how confident we are in our training methods, we will provide pre- and post-camp testing to show the benefits of participation, which is something most camps avoid.

We will focus on the training of functional movement patterns for sport, thus developing faster, stronger, and more proficient athletes. This camp will also provide free classes in improving mental performance and understanding proper sports nutrition.



**SPORT  
PERFORMANCE  
CAMP**



**Strength Training  
&  
Conditioning**

**Elite Camp  
Summer 2010**

