

Summer FITGIRL 2018
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Fitgirduluth.com
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What: A summer fitness program focusing on strength, endurance, conditioning and injury prevention. While working out we try to incorporate a bit of fun and fitness education.

Who: Girls ages 11-17

- Girls must currently be participating in sports
- They must be interested in advancing their level of fitness
- They must be willing to work hard

When: Tuesday & Thursday mornings

8-9am 14+ year old VERY fitgirls-

- This session WILL be doing 8 minute mile pace and intense workouts
- Must have completed one year of fitgirl or do assessment with Instructor

9-10am 11+ fitgirls

- This group will do intense workouts but with some modifications
- This is for NEW fitgirls
- This will still be a great workout but will allow flexibility for more teaching of technique, injury prevention and safety

Where: Destinations all over Duluth summer calendar is below (subject to slight modifications). We go Rain or Shine! (unless lightening)

Communication: I will use teamsnap for communication and/or schedule changes. You will get a request to join teamsnap once I receive your registration paperwork.

Cost: \$175 per girl for all summer sessions.

Sign-up:

- You can register online and then mail in payment
- You can print and mail in registration and waiver
- Registration holds your spot, We take a limited amount of girls
- Please mail the registration sheet and payment to:
 - Maribeth Mark 3634 East 1st 55804.

Prep: Always dressed to run and get dirty. Please come wearing sunscreen and bring water bottle. If workout requires something specific I listed it below.

Fitgirl Planned summer sessions:

Date	Location
June 12th	UMD Bagley Trail
June 14th	Rose Garden (parking lot)
June 19th	Holy Rosary School (parking lot)
June 21st	Chester Bowl (meet in lower lot)
June 26th	TBD
June 28th	Grandma's Canal park (parking lot by bridge)
July 10th	Rose Garden
July 12th	Enger Tower (extra socks for yoga & Mat if available)
July 17th	UMD Bagley Trail
July 19th	Rose Garden
July 24th	Holy Rosary School
July 26th	Chester Bowl
July 31st	Enger Tower (extra socks & Yoga mat if available)
August 2nd	UMD Bagley
August 7th	Rose Garden
August 9th	Grandma's Canal Park parking lot (by Bridge)

** August 13th is going to be the start of HS try-outs for Soccer, Volleyball, Tennis & HS Cross Country will begin.

REGISTRATION FORM

Participant: _____

Address: _____

Date of Birth: _____

Cell Phone _____

Email _____

Sport(s) played: _____

Medical concerns:

Previous Injuries:

Goals:

1. _____

2. _____

**WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL
CONSENT AGREEMENT**

(“AGREEMENT”)

IN CONSIDERATION of being permitted to participate in any way in any sports activity (“Activity”) or sports enhancement-training program I, for myself for heirs and next of kin.

1. I THE MINORS PARENTS AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF THE SPORTS ACTIVITY PROGRAM THAT THE MINOR IS PARTICIPATING IN AN THE MINORS EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIAPTE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE AND AGREE TO INDEMNIFY, SAVE AND HOLD HARMLESS MARIBETH MARK AND FITGIRL TRAINING FROM ALL LIABILITY CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINORS ACCOUNT CAUSED OR ALLGEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF MARIBETH MARK OR FITGIRL TRAINING. I further agree that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.
2. FULLY UNDERSTAND that
 - a. Sports activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death.
 - b. These risks and dangers may be caused by the minors actions or inactions, the action or inactions of others participating in the Activity, the condition in which the activity takes place, or the negligence of the releases’ named below.
 - c. There may be other risks and economic or social losses either not known to me or readily foreseeable at this time.; and I fully accept, on be-half of minor, and assume all such risks.
3. HEREBY RELEASE AND DISCHARGE NOT TO SUE MARIBETH MARK and /or FITGIRL TRAINING. Their respective agents, volunteers, staff, partners or participants.
4. CONSENT TO FIRST AID TREATMENT if necessitated by illness or injury while under the supervision or guidance of MARIBETH MARK and or FITGIRL TRAINING. The minimal medical care will be administered and further care will be required of participants, family, physician or hospital.

Parent/Guardian _____ (Printed Name)

Signature _____

Date _____