

PIEDMONT MIDGET FOOTBALL

Rising 9th Grade - Spring Core-Strength Workout Program

PDMF has invested in new core strength and conditioning equipment. Beginning Monday, April 24th, 2017, in conjunction with the High School's Core-Strength & Conditioning Program, we will begin offering a spring program for **rising 9th graders**. The cost of this program is \$40 per player. This fee covers 10-12 sessions (depending upon EOG schedules). This program is designed to be complementary to the Wednesday workouts at the High School. It is also **voluntary**, but highly encouraged for current 8th grade athletes wishing to play football in the fall. It will run twice a week in the evenings from 6pm – 7:00 pm on the football practice field at Piedmont Recreation Association (Noel Williams Park). This is a structured program administered and taught by certified athletic trainers and volunteer coaches from Piedmont High School and Midget Football League. (A not-for-profit community recreation organization). Interested athletes will need to bring the following to the first session on Monday, April 24th, 2017.

- Completed permission / waiver form (below)
- Cleats, running / shoes and water

Parents can drop off participants beginning at 6:00 pm at the football field at PRA. All participants must be picked up at the same location no later than 7:00 pm.

Piedmont Midget Football League

2017 Rising 9th Grade Core-Strength Spring Program

PERMISSION / LIABILITY WAIVER FORM

ATHLETE'S NAME: _____
PARENT'S NAME: _____
EMAIL ADDRESS: _____
ADDRESS: _____
HOME PHONE: _____ CELL: _____
CURRENT GRADE: 8th D.O.B: _____
EMERGENCY CONTACT NAME: _____
EMERGENCY CONTACT PHONE #: _____ PLAYED IN 2016?: YES / NO

The Undersigned, as parent or legal guardian of the child named above, desires that my child participate in the Spring Workout Program offered by Piedmont Midget Football League. By completion of this release, I agree that all requirements, standards, and guidelines set by the coaching staff and personnel of the Program, use of equipment under supervision of the Program staff and personnel shall be deemed to have been accomplished for the benefit of my child.

In consideration of Piedmont Midget Football League efforts on my child's behalf, I do hereby voluntarily assume all risk of accident, injury, damage, or loss to my child's property which may arise out of my child's participation in the Program, hereby intending to release the State of North Carolina, Union County Public Schools, Piedmont Midget Football, Piedmont High / Middle School, the director, coaches, and personnel involved or otherwise from risks which may result from participation in the Program. Further, I acknowledge that I am responsible for providing primary medical insurance.

Print Name: _____ Signature of Legal Guardian: _____ Date _____

Witness: _____

Print Name _____ Signature of PDMFL, Inc Representative _____ Date _____