



Kids Speed Camp

www.KidSpeedCamp.com

Instructor: Darrell Morris

Darrell@AchieveFitnessUSA.com

720-298-0281

Welcome to Kids Speed Camp!

Kids Speed Camp is designed to help your children develop speed, agility, and endurance.

Dress Attire

Out Door Camps:

Kids should come dressed to workout; shorts/warm-up pants, t-shirts and athletic shoes (cleats are acceptable). Please make clothing choices based upon the weather; it is strongly encouraged that kids dress in layers. It is also recommend that a small towel is brought to camp (in order to wipe the sweat off)

In Door Camps:

Kids should come dressed to workout; shorts, t-shirts, athletic shoes (cross trainers) work best.

Water

Please bring a water bottle for your child. Achieve Fitness USA will supply a water jug they can use to fill/refill as needed

Weather Considerations

Every attempt will be made to hold the classes as scheduled. In the event the weather poses a danger to the children class will be cancelled and rescheduled. You will be notified no less than two hours prior to scheduled class start time of a cancellation. Please be sure children are dressed appropriately. Achieve Fitness USA will make the determination of dangerous weather conditions.

Class attendance

To gain the full benefit of Kids Speed Camp attendance is important. If your child will be unable to attend a class please notify the instructor.

Signing Up

You may sign up for this camp or future camps at www.KidSpeedCamp.com you also may pay on the website.

Payment

Payment for each session is due prior to the start date of the session chosen. Sessions are schedule on a monthly basis. We accept credit cards (MC, Visa, Discover), Checks (make payable to Achieve Fitness USA), and cash.

Please Fill Out the Following Forms

General Release Waiver

For valuable consideration, the receipt and sufficiency of which are hereby acknowledged, _____ ("Releasor"), does hereby remise, release, and forever discharge Achieve Fitness USA ("Releasee"), maintaining an address at 1355 South Colorado Blvd. Building C Suite 10, Denver, Colorado 80222 , Releasee's agents, servants, successors, heirs, executors, administrators and personal representatives, of and from all, and all manner of, actions, causes of action, suits, proceedings, debts, dues, contracts, judgments, damages, claims, and demands whatsoever in law or equity, which Releasor ever had, now has, or which Releasor's heirs, executors, administrators or personal representatives hereafter can, shall, or may have for or by reason of any matter, cause, or thing whatsoever, from the beginning of time to the date of the execution of this release.

IN WITNESS WHEREOF, I have executed this Release this day of

(handwritten date by Releasor)

(Signature of Releasor)

(Print Name)

(Name of Child)

Read this instrument fully and carefully prior to signing. This is a legally valid and binding obligation to release a party from all known and unknown obligations. This instrument affects important legal rights. Think carefully and consider obtaining legal advice prior to signing

Use of Pictures Waiver

Achieve Fitness USA will be taking picture during the duration of the camp and we are asking if we can use the pictures containing your child for company use. No names will be used, just the pictures of the kids enjoying and working hard in camp.

Name of Child

Name of Parent

Signature of Parent

Date

Health and Medical Clearance

My son/daughter _____ (name of child) is in good mental and physical condition. Has no restrictions placed upon them from a physician and has been cleared for physical activity.

Name of Child

Name of Parent

Signature of Parent

Date