

**PLEASE TAKE A
MOMENT TO READ**



RELEASE OF LIABILITY, HOLD HARMLESS AND INDEMNITY:

The undersigned is participating in athletic training and coaching programs that involve strenuous physical activities with the potential for bodily injury. The activities include the use of equipment that is also potentially dangerous and that can also cause injury. The risks of participation in the activities and use of equipment include, but are not limited to, risks of serious bodily injury and/or death. By signing below you acknowledge that you are fully aware of and accept the risks of injury and/or death. The undersigned further hereby releases Marcelo Holcberg, TRI-2-ONE Coaching and individuals or entities acting on their behalf (hereafter RELEASEES) from any and all liability including, but not limited to, liability for bodily injury, medical expenses, and/or death arising from participation in the athletic training and coaching programs. The release of liability **EXPRESSLY INCLUDES A RELEASE OF ANY AND ALL LIABILITY FOR THE NEGLIGENCE AND/OR NEGLIGENT ACTS OF RELEASEES**, in the athletic training and coaching programs.

The undersigned agrees to indemnify and hold harmless Releases from any and all liability, expenses, costs and/or losses arising out of participation in the athletic training and coaching programs, activities and/or use of equipment. The undersigned further agrees to indemnify and reimburse Releases for any and all damage the undersigned causes to Releases' equipment during the undersigned's participation in the athletic training and coaching programs.

Signature

Date

Print Name

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