



Date		Phone Number	
Parent's Name		Cell Number	
Athlete's Name		E-Mail	
Address		Athlete's Age	
City		DOB	
State		Grade	
Zip			

How did you hear about us?	
List Sports	
List Injuries	
List Goals	
Why is this important?	

I \_\_\_\_\_ residing at \_\_\_\_\_ State of \_\_\_\_\_

acknowledge that I, individually, have voluntarily applied to participate in the PANKO Strength & Speed training program. I acknowledge the risks and the potential risks of athletic training. However, I feel that the possible benefits to me and my child are greater than the risk assumed. I am aware that although, PANKO Strength & Speed LLC its subsidiaries, owners, employees, and/or landlord make reasonable efforts to make each athlete's training a safe and productive experience, that there are inherent risks which occur as a result of such physical activity. I acknowledge that an athlete, when training, through no fault of his own, his trainer(s) or the facility may become injured for a variety reasons that are unavoidable. I represent that I am in good health and suffer from no physical impairment, which would limit my use of PANKO Strength & Speed's facilities or instruction. I further represent that I carry full and complete medical insurance coverage. I acknowledge that PANKO Strength & Speed has not and will not render any medical services including medical diagnosis of my physical condition. In consideration of being permitted by PANKO Strength & Speed to participate its training program and to use its facilities, I hereby, intending to be legally bound for myself, my heirs and assigns, executors or administrators and/or guardian of my son/my daughter/my ward specifically agree that PANKO Strength & Speed, its officers, employees and agents shall not be liable for any claim, demand, cause of action of any kind whatsoever for, or on account of death, personal injury, property damage or loss of any kind resulting from or related to my use of the facilities or participation in any athletic training, exercise or activity within or outside the club premises, and I agree to hold PANKO Strength & Speed harmless from same. I hereby waive any and all claims for any and all injuries I may suffer under any circumstances, including but not limited to those claims arising from the negligence of PANKO Strength & Speed, its owner, agents, servants, invitees, co-members, contractors, or sub-contractors, employees or otherwise.

Athlete's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### **Promotional Release**

In additional consideration of being permitted by PANKO Strength & Speed to participate in its training program and to use its facilities, I hereby permit PANKO Strength & Speed to use my name, image and likeness for promotional purposes limited to its athletic training programs and facilities. PANKO Strength & Speed's promotional mediums include but are not limited to print, radio, video, television and the Internet. I acknowledge that I have read this release and waiver and fully understood its contents. I have been fully and completely advised of the potential dangers incidental to engaging in the activity and instruction of athlete training and I am fully aware of the legal consequences of signing this release. I voluntarily agree to the terms and conditions stated above.

Athlete's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_