

# Hurdle Clinic July 14-17, 2014

By:



**What:** Track and Field Hurdle Clinic

**Who:** For High School and Middle School Athletes of **all levels** in the East Bay

**When:** Monday July 14th-Thursdays July 17th 6pm-8pm

**Where:** Campolindo High School Track

**Bring:** Running shoes and spikes, water bottle

**Cost:** \$150 includes Performance Track & Field Clinics t-shirt

Checks made payable to Natalie Smith



Coach Natalie Smith:  
School Record holder in the 100m hurdles and 4x100 relay at Campolindo High School. Alum of Division 1 UC Davis track and field. Top 10 All-Time school records in the indoor 60m hurdles, and outdoor 100m & 400m hurdles. All-American and voted team Captain and Most Inspirational.

Coach Katie Maltester:  
Top 5 School Record holder in the 100m and 300m hurdles and distance relay at College Park High School. Alum of Division 1 UC Davis track and field. Top 10 All-Time record in the 400m hurdles. Earned Most-Improved for two consecutive years.



Questions? email Natalie at [Notefornat@gmail.com](mailto:Notefornat@gmail.com)

**Athlete Registration:**

First \_\_\_\_\_

Last \_\_\_\_\_

Age \_\_\_\_\_

Grade entering in fall \_\_\_\_\_

School Attending \_\_\_\_\_

Cell or Home \_\_\_\_\_

**Emergency Contact Information:**

Name \_\_\_\_\_

Relationship \_\_\_\_\_

Cell \_\_\_\_\_

Other contact info \_\_\_\_\_

**Waiver Agreement:**

Date \_\_\_\_\_

Printed Name \_\_\_\_\_

Printed Name of Parent or Guardian if Applicable \_\_\_\_\_

Signature of Member, Parent or Guardian as  
Applicable \_\_\_\_\_**WAIVER AND RELEASE OF LIABILITY AND INDEMNITY AGREEMENT**

(Performance Track &amp; Field Clinics "League")

Upon signing this Agreement and forever thereafter, you agree that if you participate in or attend any League or League related event, or that of any League team ("Team"), or are present on League or Team premises or use any League or Team facility, you do so at your own risk and assume the risk of any and all injury and/or damage you might sustain, regardless of whether you are a participant, a spectator, or otherwise. Your assumption of risk includes but is not limited to the use of any sports or other equipment (mechanical or otherwise), and accessing League or Team premises. You further agree to assume the risk of your participation in or presence at any sporting even, practice, activity, class, program, instruction, or League or Team sponsored event. You agree that you are voluntarily participating in the aforementioned activities and assume all risk, known and unknown, associated with same. You agree on behalf of yourself (and your spouse, all your children, personal representatives, heirs, executors, administrators, agents, and assigns) to forever release and discharge League and Team, their owners, employees, agents, representatives, affiliates, successors, and assigns from any and all claims or causes of action (known or unknown) arising out of the negligence of League or Team, whether active or passive, or that of any of its affiliates, employees, agents, representatives, successors, and assigns. This waiver and release of liability includes, without limitation, injuries which may occur as a result of (a) your use of any equipment or facilities which may malfunction or break, (b) League or Team's improper maintenance of any exercise equipment or facilities, (c) League or Team's negligent instruction or supervision, including personal training, strength training, refereeing and coaching, (d) you slipping or tripping and falling while on League or Team premises, including League or Team's negligent inspection or maintenance of such premises, and (e) you sustaining personal injuries as a result of the dangerous condition of property on which you are present in relation to any League or Team function, including League or Team's negligent inspection or maintenance of such premises. By executing this Agreement, you hereby agree to indemnify and hold harmless League and Team from any loss, liability, damage, or cost League or Team may incur due to your presence at any League or Team premises or facility. You further expressly agree that the foregoing release, waiver, and indemnity agreement is intended to be as broad and inclusive as permitted by the law of the state in which this agreement is entered into, and that if any portion of this agreement is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. This release is not intended as an attempted release of claims of gross negligence or intentional acts. You acknowledge that League and Team provide a service to their members and is not in the business of selling, leasing, or otherwise placing into the stream of commerce exercise or sports equipment, or other such products, and the use of any

such items is incidental to the service provided by League and Team. YOU ACKNOWLEDGE THAT YOU HAVE CAREFULLY READ THIS WAIVER AND RELEASE AND FULLY UNDERSTAND THAT IT IS A RELEASE OF LIABILITY, AND EXPRESS ASSUMPTION OF RISK AND INDEMNITY AGREEMENT. YOU ARE AWARE AND AGREE THAT BY EXECUTING THIS WAIVER AND RELEASE, YOU ARE GIVING UP YOUR RIGHT TO BRING A LEGAL ACTION OR ASSERT A CLAIM AGAINST LEAGUE OR TEAM FOR THEIR NEGLIGENCE, OR FOR ANY DEFECTIVE PRODUCT ON THEIR PREMISES. YOU HAVE READ AND VOLUNTARILY SIGNED THE WAIVER AND RELEASE AND FURTHER AGREE THAT NO ORAL REPRESENTATIONS, STATEMENTS, OR INDUCEMENT APART FROM THE FOREGOING WRITTEN AGREEMENT HAS BEEN MADE. YOU AGREE, FOR YOURSELF AND YOUR SPOUSE, CHILDREN, SUCCESSORS, HEIRS AND ASSIGNS, THAT THE ABOVE REPRESENTATIONS ARE CONTRACTUALLY BINDING, AND ARE NOT MERE RECITALS, AND THAT SHOULD YOU OR YOUR SUCCESSORS ASSERT ANY CLAIM IN CONTRAVENTION OF THIS AGREEMENT, THE ASSERTING PARTY SHALL BE LIABLE FOR THE EXPENSES (INCLUDING REASONABLE ATTORNEYS FEES) INCURRED BY THE OTHER PARTY OR PARTIES IN DEFENDING AGAINST ANY SUCH ACTION.