



Camp Dates: **Football** – July 19-22  
**Cheerleading** – July 21-22

Ages: (age on July 19, 2010)  
**Football** - 7 to 13 years old  
**Cheerleading** - 5 to 14 years old

Camp Times: **Football** – 6pm to 8:30pm  
**Cheerleading** - 6pm to 8:30pm

Location: Norris Park - Apex

Cost: **Football** - \$75 per participant.  
**Cheerleading**- \$30 per participant.

**Football Camp**

\*\* Each camper will receive a practice jersey. Helmet, shoulder pads, and mouth piece will be provided \*\*  
 This camp will focus on developing offensive and defensive fundamentals, as well as proper contact to prepare for the upcoming season. The participants will be broken up into appropriate age groups.

**Cheerleading Camp**

\*\* Each cheer camper will receive a t-shirt. Pom Pom's will be provided.  
 This camp will focus on proper arm movements, basic jumps, basic tumbling and Cougar cheers & chants for the upcoming season.

To register for the 2010 ASA Football/Cheer Camp visit: <http://www.ASACougars.com> or complete this sign-up form & attached Waiver, enclose fee, complete Medical History & Medical Fitness Forms (Football Only), and mail to address below.

Campers Name \_\_\_\_\_ Mail To: ASA Football/Cheer  
 PO Box 1474  
 Address \_\_\_\_\_ Apex, NC 27502

Phone \_\_\_\_\_ Cell \_\_\_\_\_ Age \_\_\_\_\_

Email \_\_\_\_\_

In case of emergency, please notify \_\_\_\_\_ Phone \_\_\_\_\_

Please make checks payable to "Apex Sports Authority" or "ASA"

Camp Official Use Only:    Payment:    ___ Cash    ___ Check    ___ Paypal  Camp Session(s):    Football Camp ___ July 19-22 Cheer Camp    ___ July 21-22
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For the Football Camp, equipment will be fitted the Sunday, July 18 from 6-8pm at Norris Park in Apex.

# 2010 ASA Football/Cheerleading Camp

## Parental/Guardian Permission & Waiver

### 1. PERMISSION TO PARTICIPATE

I, the parent/guardian of the above-named participant hereby acknowledge that my child is in good general health and I give my approval for my child to participate in the 2010 ASA Football/Cheer Camp activities, including transportation to and from the activities by a licensed driver with proof of insurance.

### 2. INTENT TO INFORM

I acknowledge that I am fully aware of the potential dangers of participation in any sport and I fully understand that participation in football or cheerleading may result in **SERIOUS INJURIES, PARALYSIS, PERMANENT DISABILITY AND/OR DEATH**. Furthermore, I fully acknowledge and understand that protective equipment does not prevent all participant injuries, and therefore I do hereby waive, release, absolve, indemnify and agree to hold harmless all organizers, sponsors, supervisors, participants and persons from any claim arising out of any injury to my/our child whether the result of negligence or for any other cause.

### 3. EMERGENCY MEDICAL AUTHORIZATION

I hereby grant my permission for any and all emergency medical/dental treatment and/or first aid to be administered to my child/participant, including authorizing any medical treatment facility/hospital to administer emergency treatment, for any illness/injury/accident resulting from participation in any and all Camp Activities.

### 4. EQUIPMENT RESPONSIBILITY

I agree to assume full responsibility for any and all equipment/uniforms loaned to the above named participant and I agree to promptly return, upon request, the uniform and other equipment issued to the above named participant in as good condition as when received except for normal wear and tear. If I fail to adhere to this policy, I will be responsible for the replacement cost of such equipment.

### 5. ADULT CODE OF CONDUCT

Any adult who verbally attacks or physically assaults a coach, volunteer, staff member or participant or threatens bodily harm will be immediately removed from the Camp and banned from future participation, and their children may also be removed from the Camp and banned from future participation.

### 6. CANCELLATION FEE

There will be a \$10 camp registration cancellation fee. Refunds will be available for registered participants up until Friday July 16th. Due to costs associated with running the camp, we cannot give any refunds after the start of camp.

**By my signature below I hereby stipulate that I have read, fully understand and voluntarily agree to all of the above**

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

Print Full Legal Name \_\_\_\_\_

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_

Print Full Legal Name \_\_\_\_\_