

# Castle Rockers Running Camp Running 2025 Application and Agreement

Athlete Name: \_\_\_\_\_

Grade (in Fall 2025): \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Athlete Home Address: \_\_\_\_\_

Athlete Email Address: \_\_\_\_\_

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Athlete Phone: (  )  -

Athlete Running history: \_\_\_\_\_

Other Sports history and note if you are currently involved: \_\_\_\_\_

\_\_\_\_\_

Parent Name: \_\_\_\_\_

Parent Home Address (if different): \_\_\_\_\_

Parent Email Address: \_\_\_\_\_

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Parent Phone: (  )  -

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Phone: (  )  -

Athlete's Specific Medical Needs: \_\_\_\_\_

Athlete Medications: \_\_\_\_\_

Doctor Phone: (  )  -

Insurance Plan: \_\_\_\_\_

Athlete First Name: \_\_\_\_\_ Athlete Last Name: \_\_\_\_\_

The above-named Athlete wishes to participate in the Castle Rockers Running Camp ("Camp") organized by Ruth Seabrook and Peter Ceresa ("Organizers"). The Program provides a forum for athletes interested in participating in cross-country and other sports to train with other athletes (like open gym), receive feedback, and become more prepared for the upcoming season.

As part of the Camp, athletes typically maintain a rigorous exercise program consisting of, but not limited to, running for up to 90 minutes, sprinting, plyometrics, weight room routine, calisthenics and yoga according to a plan proposed by one or more Organizers.

Expectations also include at least 8 hours of sleep on a daily basis as well as eating a well-balanced nutritious diet for breakfast, lunch and dinner while regularly drinking water throughout the day.

Athletes are expected to come to practice prepared with the proper running shoes and apparel as well as a sports watch, preferably one with GPS capabilities so that they can synchronize their runs with Strava and join our Strava group. <https://www.strava.com/clubs/carock>

In exchange for these benefits, the above-named Athlete agrees to participate in the Camp and the undersigned gives consent for the Athlete to participate in the Camp.

#### **WAIVER OF LIABILITY AND RELEASE**

I, the undersigned and the Athlete, acknowledge on my behalf and on behalf of the Athlete, that there are risks that are inherent in the Camp, including the risk of serious injury or death that may occur through the conduct of the Camp itself; Organizers, agents, servants, volunteers, Athletes and their families, and other participants in the Camp ("Camp Participants"); and others, including conduct that may not be part of the ordinary risks of the activity. I am aware that some of these risks cannot be eliminated, altered, or controlled. Additionally, serious injury or death may occur through conduct that is not authorized by the Organizers, Camp, or Camp Participants. This release and waiver shall apply to all conduct and any resulting injury or death that occurs thereby in whole or in part from any cause whatsoever. I knowingly and freely assume, on behalf of the undersigned and the above-named Athlete, all risks and hazards in the Camp, both known and unknown, whether caused by the action, inaction, or negligence of Camp Participants, or by defects in equipment or instruction or defects in the facilities where the Camp takes place, or something else.

I agree, for myself and on behalf of my Athlete, and on behalf of relatives, dependents, siblings, heirs, representatives, successors, and assigns ("Athlete Representatives"), that Camp Participants will not be liable for any damages or injuries that I or any Athlete Representative may suffer as a result of participation in the Camp or with respect to any condition of the properties where the Camp takes place. I agree for myself and on behalf of my Athlete and any Athlete Representative, to the fullest extent permitted by law, that none of us will make any claim against, sue, or attach the property of any Camp Participant, whether such claims arise from the negligence of any Camp Participant and that each of us will indemnify and hold harmless all such Camp Participants from and against any such claims. I, the undersigned and the Athlete, on behalf ourselves, the Athlete, an any Athlete Representative, hereby release and discharge the Camp Participants from any and all liability arising out of, relating to, or in connection with the Program or all liabilities associated with any and all claims related to the

Camp that may be filed by, on behalf of, or for the above-named Athlete, the undersigned, or a Athlete Representative. For purposes of this agreement, liability includes all claims, demands, losses, causes of action, suits, or judgments of any and every kind that occurs during, arising from, in connection with, or in relation to the Camp and that results from any cause including the active or passive conduct and/or negligence of the Camp Participants.

I, the undersigned and the Athlete, acknowledge on my behalf and on behalf of the Athlete, the contagious nature of COVID-19 and voluntarily assume the risk that I, my Athlete, and Athlete Representatives may be exposed to or infected by participating in the Camp and through contact or exposure to Camp Participants and that such exposure or infection may result in personal injury, illness, permanent disability, death, or liability to others. I understand that the risk of becoming exposed to or infected by COVID-19 may result from the actions, omissions, or negligence of me and others, including, but not limited to, Camp Participants and their families. Notwithstanding these risks, the Athlete seeks to participate in the Program, I consent to the Athlete's participation, and we, on behalf of ourselves and Athlete Representatives, agree to the release.

**I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND THE WAIVER OF LIABILITY AND RELEASE AND FULLY UNDERSTAND ITS TERMS AND CONDITIONS AND UNDERSTAND THAT BY SIGNING THIS DOCUMENT, I HAVE GIVEN UP SUBSTANTIAL RIGHTS FOR MYSELF AND THE NAMED Athlete. I AM AWARE THAT SERIOUS CATASTROPHIC INJURIES AND EVEN DEATH MAY RESULT FROM PARTICIPATION IN ANY ATHLETIC ACTIVITY.**

I agree to the foregoing and have read and accept the waiver of liability and release above.

Parent name and signature: \_\_\_\_\_

Athlete name and signature: \_\_\_\_\_