

1st Annual Take Your Parent To Workout Week!

Providing Parents and Kids the opportunity to interact with our staff in their kids workplace.

- *Will you accept the challenge to keep up?*
- *Any level to participant*
- *Bring out that Elite Athlete from within!*
- *Are you as tough as your kids?*
- *Become empowered like your kids!*
- *Parents are requested to have an excused absence from their employer.*
- *Parents must have signed permission slip from their kids.*
- *Parents must be between 1 – 100 years.*
- *Join us all week!*



PARENT WAIVER AND RELEASE OF LIABILITY

- I will use positive encouragement to fill the Emotional Tank of my child, making our workout as FUN as possible!
- I will place the emotional and physical well being of my child ahead of my personal desire to survive the workout, and in doing so, maintain my dignity.
- I will use self- control and avoid losing composure when my workout becomes challenging and my child starts running circles around me.
- I will refrain from making negative comments about my child's coach/trainer in my child's presence, even though I may be in a considerable amount of pain.
- I will refrain from complaining about any issues I may have with training because of my lack of coordination and athleticism. Only when I fear that I will attempt to do what I was capable of when I was 20 yrs old, will I bring it to my trainers attention.

Parent Signature: _____

Date: _____

Child Signature: _____

Date: _____

