

# **F**airfield **I**ntensive **T**raining **Elementary Wrestling Club**

*Champions are made with hard work, determination and grit...*

**Mission:** To create a strong foundation for success at the next level.

**Program** – The program is designed to teach and reinforce the fundamentals of wrestling and take youth wrestlers to the next level. Wrestlers will be taught high level technique, participate in high paced drilling and participate in “live” wrestling.

**Spring Session:** March 20<sup>th</sup> – May 29<sup>th</sup> (11 sessions) on Sunday 4:30-5:45pm

**Eligibility:** Wrestlers in grades 1<sup>st</sup> – 5<sup>th</sup>

**Cost** – **\$125** (Individuals who wrestled with FIT Club this winter \$99)

**Location** - FIT CLUB ~ SportsPlex 85 Mill Plain Road Suite C ~ Fairfield 203-955-1900

**Head Clinician Justin Belanger** –

- Wrestled for Sacred Heart Univ, 4 yr starter, captain and D1 Conference Finalist.
- 3x RI State Champ, 4x State Finalist,
- 3x New England Place winner and Alumni of KT Kids.

**HS and College wrestlers will be on site to assist.**

Questions? Please email Joe Oppedisano [SarahFitClub@gmail.com](mailto:SarahFitClub@gmail.com)

# Fairfield Intensive Training Elementary Wrestling Club

Sportsplex@Fairfield  
85 Mill Plain Rd, Fairfield, CT 06824 (203) 683-0000

## RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT ("AGREEMENT") ©Pending

In consideration of participating in the Activities offered at the Sportsplex@Fairfield, including but limited to: wrestling, gymnastics, cheerleading, dance, ice skating, ice hockey, field sports, rock climbing and bouldering, I represent that I understand the nature of these Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activities. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the Activities. I fully understand that these Activities involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the event, the conditions in which the event takes place, or the negligence of the "releasees" named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, cost, and damages I incur as a result of my participation in the Activities.

I hereby release, discharge, and covenant not to sue Gymnastics & Cheerleading Academy of CT, GCA Parkour, Sportsplex at Fairfield, Fairfield Ice Academy, Fairfield Hockey, Specialty Ice Rinks Inc, Pond Bus, Fairfield Athletic Center, Field House at Sportsplex, Carabiner's Fairfield, Rock Climb, 85 Pond Mill, Steve Caton, East Coast United, First Person Sports, Fairfield Fencing Academy, World Champion Taekwondo, The Studio, Fit Club Fairfield, East Coast United Boxing, Jojitsu, its respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) from all liability, claims, demands, losses, or damages, on my account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operations and further agree that if, despite this release, waiver of liability, and assumption of risk I, or anyone on my behalf, makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the Releasees from any loss, liability, damage, or cost, which any may incur as the result of such claim.

**I have read the FRONT AND BACK** RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Print name of participant: \_\_\_\_\_

### PARENTAL CONSENT

AND I, the minor's parent and/or legal guardian, understand the nature of the above referenced activities and the Minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby Release, discharge, covenant not to sue and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses or damages on the minor's account caused or alleged to have been caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releases from any litigation expenses, attorney fees, loss liability, damage, or cost any Releasee may incur as the result of any such claim.

\_\_\_\_\_ Date: \_\_\_\_\_  
Print name of Parent/Legal Guardian

\_\_\_\_\_ Email: \_\_\_\_\_ phone: \_\_\_\_\_  
Signature of Participant OR Parent/Legal Guardian

**PLEASE READ OUR CANCELLATION POLICY.NO CREDITS. NO REFUNDS.**

\_\_\_\_\_ FULL ELEMENTARY PROGRAM MEMBERSHIP (\$99)

INITIAL \_\_\_\_\_