

XPRESS ATHLETICS, LLC (aka CHEER XPRESS)

ACKNOWLEDGMENT, AUTHORIZATION AND RELEASE FORM

I, the undersigned certify that I am nineteen (19) years of age or older; and I am voluntarily signing up to participate in the training and activities provided by XPRESS ATHLETICS, LLC (aka CHEER XPRESS).

I understand and acknowledge I (participant's name) _____, will be participating in the activities provided by XPRESS ATHLETICS, LLC (aka CHEER XPRESS) which includes but is not limited to all aspects of cheerleading, tumbling, stunting, trampoline, dance training and/or competition, as well as travel to or from any related events. I am fully aware of the nature of the activities involved and the possibility of physical illness or injury (minimal, serious and catastrophic - including death) which may arise from participating in such activities. I understand any such injury could be sustained while at the XPRESS ATHLETICS, LLC (aka CHEER XPRESS) facility or at any one of many competition facilities. If I feel conditions are unsafe, I acknowledge that I have full authority to remove myself from the event.

I certify I am in good health and proper physical condition to participate in cheer related activities. In the event of injury, I grant permission to any representative of XPRESS ATHLETICS, LLC (aka CHEER XPRESS) to authorize any emergency medical transportation, medical attention, treatment, surgery or administration of drugs by qualified and licensed medical professionals. I understand the emergency contact(s) listed below will be notified as soon as possible in the event of such emergency, and that any and all transportation, medical or other expenses associated with such injury will be entirely assumed by me or my insurance company.

I hereby agree to voluntarily release, hold harmless, indemnify and covenant not to sue XPRESS ATHLETICS LLC (aka CHEER XPRESS), including its officers, agents, coaches and employees for any and all claims of liability, injury, negligence, actions or rights of action, which are in any way related to, arise out of, or are in any way connected to my participation in XPRESS ATHLETICS, LLC (aka CHEER XPRESS) activities. This further includes, but is not limited to, claims of dangerous condition, premises liability, failure to warn, negligent supervision, negligent maintenance, negligent hiring and improper or dangerous equipment.

I understand XPRESS ATHLETICS, LLC (aka CHEER XPRESS) produces promotional materials, and that I may be included in videos or photography taken during practices, competitions or other cheer related events. I hereby grant XPRESS ATHLETICS, LLC (aka CHEER XPRESS), its successors, assignees, licensees, sponsors, television networks and all other commercial exhibitors the exclusive right to photograph and/or videotape me; and further to utilize my name, face, likeness, voice and appearance in advertising, promotions, websites and social media without reservation or limitation. In granting this license, I understand XPRESS ATHLETICS, LLC (aka CHEER XPRESS) is under no obligation to exercise such rights, licenses or privileges granted herein.

I certify that I have read this 'Acknowledgement, Authorization and Release Form' in its entirety and understand that by signing it I am freely giving up substantial rights without any inducements or assurances, and intend for it to be a complete and unconditional release of any and all liability to the greatest extent allowed by law, and agree that if any portion of this agreement is found to be invalid, the balance notwithstanding shall continue in full force and effect.

PARTICIPANT'S LEGAL NAME: _____ AGE: _____

PARTICIPANT'S SIGNATURE: _____

TODAY'S DATE: _____ DATE OF BIRTH: _____

EMERGENCY CONTACT NAME(S) & NUMBER(S): _____