



YOUTH TRIATHLON

Tues, July 9, 16, 23 & 30

Most kids like to SWIM....BIKE.....and RUN, so **WHY** not TRY a TRI? This non-competitive class, exposes your youth to new and exciting ways to stay physically active while promoting a lifelong pursuit of health and wellness. In this class, your child will learn the basic fundamentals of triathlon training from an experienced triathlete, in a safe and encouraging environment. * *Children don't have to know how to swim to participate, water levels are shallow, so the athletes can stand in the water at all times* * Many of the athletes that participate in this dynamic triathlon training learn specific skills that prepare them to participate in a youth triathlon - Details to be provided upon registration



WHAT YOUR ATHLETE WILL RECEIVE:

6 hours of instruction, nutritional snacks, family take home!

WHAT YOUR ATHLETE NEEDS TO BRING TO EVERY PRACTICE:

Comfortable Exercise Clothes, Running Shoes, Towel, Bike, Helmet, Swimsuit, Goggles & Water Bottle

TIME AND LOCATION

7-11 year olds 8:30AM - 10:00AM Fish Lake Park, Maple Grove 8 min / 32 max

REGISTRATION

Online through July 9th, 2018 at www.GenerationEndurance.com



REGISTRATION

WWW



Child's Name: _____ Grade/Age: _____
Email Address: _____ (primary way I communicate with you)
Cell Contact: _____ Home: _____
Emergency Contact, NAME _____ PHONE: _____
Allergies: _____ Other: _____
Parent's Signature: _____

Triathlon Training: \$65 - Payable by Cash / Check or Credit Card (add 2.5% CC fee)

TOTAL Enclosed _____ or ONLINE REGISTRATION www.generationendurance.com

Credit Card _____ Exp _____ Sec Code _____ Zip Code _____

(signature releases **GENERATION ENDURANCE** to utilize photo's for future flyer and web release, unless otherwise noted by parent)

Remit Payment and Registration to: **GENERATION ENDURANCE**
6640 Jonquil Ct
Maple Grove, MN 55369

Questions? Please contact PamBaker@GenerationEndurance.com



Waiver & Release

I, _____ hereby grant my permission for my child _____ to participate in the
(parent or guardian) (child's name)
prepared activities, developed by Generation Endurance between **June 15th, 2019 and June 14th, 2020**

Description of Potential Risks:

I understand that engaging in aerobic conditioning may result in irregular heart rhythms, abnormal blood pressure changes, light-headedness, dizziness, fainting, chest pain, and other discomforts. In rare cases, a heart attack, a stroke, or even death may occur. If adequate warm-up, gradual progression, and safety procedures are not followed. In consideration of my child's participation, I understand that participation in the described activity may lead to musculoskeletal strains, pain and injury. I agree to indemnify Generation Endurance and volunteer group leaders from any claims or lawsuits brought by myself, my child or arises out of any behavior by my child at the programming events. Generation Endurance and volunteer group leaders will not be held liable for any damages arising from personal injuries sustained by the participant while and during the training program. Injuries are often a part of physical activity. I also agree to pay reasonable attorney fee's or expenses incurred by Generation Endurance in defense of such a claim/lawsuit.

I hereby fully and forever release and discharge Generation Endurance and volunteer group leader(s), its assigns and agents from all claims, demands, damages, rights of action, present future therein.

I understand and warrant release and agree that my son/daughter is in good physical condition and that they have no disability, impairment or ailment preventing them from engaging in active or passive exercise that will be detrimental to heart, safety, comfort, or physical condition.

I understand that my child must have had a recent physical checkup and physician's permission to engage in aerobic and/or anaerobic conditioning.

Description of Potential Benefits:

I understand that participation in a regular exercise training program will often result in numerous health benefits such as reduced blood pressure, reduced risk of Coronary Heart Disease, improved body composition, reduced risk of diabetes, and increased energy. Typically, with continued exercise, increases in aerobic capacity, heart and lung capacity and improved circulation are also observed.

The undersigned further grants full permission to Generation Endurance to use any photographs of this program for further promotion and development of the program itself.

Please Read the Following Statements Carefully and Initial

_____ I acknowledge that I have read this form in its entirety or it has been read to me, and I understand my responsibility in this training program that I will be engaged in. I accept the risks, rules and regulations set forth and consent to the participation.

_____ I, for myself and my heirs, fully release from liability and waive all legal claims against Generation Endurance and group volunteers for injury or damage that I might incur during this community program.

Name (signed) _____

Name (printed) _____

Date _____

