



Informed Consent for Participating in the 2011 Lacrosse/Speed Camp located at the Morgantown HIT Center

Instructed by Sporting Elite and the HIT Center Staff

Name of Participant: _____ Age _____

Name of Parent/Guardian: _____

Primary Phone Number: _____ E-Mail Address: _____

Address: _____

Explanation of the Lacrosse/Speed Clinic

I understand that I will be engaging in various activities that pertain to the improvement of speed, quickness and lacrosse fundamentals. These activities include running, agility drills, jumping, foot speed drills, hand-eye coordination and more. I understand that proper attire is required for my safety and ability to complete all required activities. This entails tee shirt, lace up tennis shoes, and either shorts or sweat pants.

Risks and Discomforts

I understand that the possibility of injury does exist during the Lacrosse/Speed Camp at The HIT Center. That is, I may develop muscle sprain or strain or muscle soreness during or after the training periods. It is likely that I will experience delayed onset of muscle soreness. This soreness is common for athletes beginning an exercise program and has no long-term consequences to my health. In very rare instances I could experience abnormal blood pressure, fainting, disorders of the heartbeat, heart attack, stroke and even death. Every effort will be made to minimize these abnormalities by observation during the camp. Emergency procedures and trained lab personnel are available to deal with any unusual situation that may arise.

Inquiries

Any questions about the procedures used in the Lacrosse/Speed Camp are encouraged. If I have any doubts or questions, I am encouraged to ask for further explanations. I also acknowledge that The HIT Center is relying on all information provided by me about my current physical condition to be true and correct and that there are no limiting factors to my participation in the Lacrosse/Speed Camp hosted by the Morgantown HIT Center and Sporting Elite.

Confidentiality

My data or any of my information may be used by The HIT Center or Sporting Elite. These data may be used in research reports and presentations. However, my identity will not be associated with such reports. With my knowledge, I understand that the Morgantown HIT Center and Sporting Elite reserves the right to take and use photographs for promotional purposes with my consent.

Freedom of Consent

I have read this form and I understand the activities associated with the lacrosse/speed camp in which I am participating. **I freely consent to participate voluntarily in all of the described activities in the camp.** I understand that I may stop any of the activities at any time.

(Signature of Participant)

(Date)

(Signature of Parent: If under 18 years of age)

(Date)