

GOeFAST Guidelines & Contract for Youth Strength Training



- GOeFAST designs programs to meet each individual athlete's needs that involve proper exercise technique based on assessments.
- Proper progression, program monitoring, and supervision are examined continually through all training.
- GOeFAST does NOT tolerate outbursts and negative parent interruption. Negative comments and interaction during training sessions will result in immediate release from GOeFAST programs.
- Our procedure is that athletes lift weights that can be lifted at least 6-8 repetitions correctly. The age an athlete can start to lift heavier weights depends on individual maturation and training experience.
- Increase the weight gradually as strength improves.
- GOeFAST does not compare one athlete to another relative to their progress because each athlete grows at different rates.
- An athlete is required to have a thorough exam by a physician prior to starting any exercise program.

PROGRAM REGISTRATION & RELEASE FORM

Program: _____

Participant's Name: _____ Male Female

Date of Birth: _____ Grade: _____

School Attending: _____

Home Address City & Zip: _____

Primary Contact _____

Phone h _____ w _____ c _____

Parent's Email Address: _____

Emergency Contact:
Name: _____ Phone: _____

How did you hear about this program?

Web Search	Newspaper/Magazine ad	Mail Offer	Email	Tournament at SSA
Radio/TV	Past/Current Participant	Friend/Family		

I hereby give approval for the participation of my child in any and all GOeFAST activities and assume all risks and hazards incidents to such participation, including transportation to and from all activities. I waive, release, absolve, indemnify and agree to hold harmless Lou Ettore, GOeFAST, affiliated associations, organizers, officers, coaches, parents, participants, volunteers and officials from any claim arising out of injury to my child. I hereby give permission for Lou Ettore and/or GOeFAST to obtain medical services for my child in case of medical emergency or injury. Participants will receive a refund if requested 1 week before training sessions begin. No refunds will be issued due to inability or unwillingness to attend/participate. Prorated refunds will only be considered for participants when a medical/physical injury/illness, verified by a physician's written statement, precludes participation or attendance in a training session. I/We understand that NO REFUNDS will be issued other than stated above. I declare that my child or I are physically fit and have the skill level required to participate in this particular event. I also understand that my child or I may be required to leave the facility should my child or I exhibit undesirable conduct. I further grant released parties the right to photograph and/or video tape me or my child and further to use my or my child's name, face, likeness, voice and appearance in connection with exhibitions, publicity, advertising and promotional materials without reservation or limitation. The released parties are, however, under no obligation to exercise said rights herein granted.

MY SUBMISSION OF THIS FORM OR PAYMENT TO LOU ETTORE/GOEFAST IS MY ACCEPTANCE AND UNDERSTANDING OF SET FORTH CONTRACT GUIDELINES.

Signature: _____ Date: _____

Parent Signature _____ Date: _____