



## Foothills Academy of Sports Training Injury Waiver

The focus of FAST is to develop individual speed through the use of dynamic flexibility training, core muscle strengthening, increased muscle-joint stabilization and running technique drills. Each area of core strength, balance, flexibility and correct technique are crucial to the development of individual speed as well as the prevention of non-impact injuries for any sport.

Participant's name: \_\_\_\_\_

List all medications: \_\_\_\_\_

Current/past injuries: \_\_\_\_\_

Other medical conditions: \_\_\_\_\_

I am aware that by signing this document I do not hold the FAST program or its coaches liable for injuries that may occur during my child's participation in the FAST clinic.

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(Parent/Guardian if a minor)