



SHEPHERDS FLOCK

students in

1st-4th Grade

SEPT 9, 16, 23, 30TH

2:00-3:15 PM



WHY? Using physical activity and powerful nutrition to build and support self-esteem, develop character and nurture the Divine vessel that was given just to your child!

SHEPHERDS FLOCK Program highlights include a 4 week endurance program that implements large body movements to improve cardiorespiratory fitness levels, upper and lower body strengthening techniques, core stability and balance and optimal nutritional choices. Relays, games, obstacle courses, & team challenges encourage fitness in a dynamic and supportive way that encourages participants to embrace a lifestyle of health and wellness.

WHAT YOU WILL RECEIVE:

5 hours of instruction, nutritional snacks, family take home and COOL **GENERATION ENDURANCE** gear!

“Your body is a temple...honor God with your body.” 1 Corinthians 6:19-20



Child's Name: _____ Grade/Age: _____ T-Shirt Size: YS YM YL

Email Address: _____ AS AM AL

Cell Contact: _____

Emergency Contact, NAME AND PHONE _____

Allergies: _____

Parent's Signature: _____

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

1st-4th grades: Fee \$52 _____ (Check made payable to **GENERATION ENDURANCE**)

Credit Card (2.5% added for CC processing) _____ Exp _____ CV Code _____ Zip Code _____

REGISTRATION DUE BY TO SCHOOL OFFICE BY SEPT 5, 2014)

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 **Sept, 2014 through November 30th, 2014.**

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 the University of Minnesota shall 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 _____

