

Release/Waiver:

By checking below I accept this Release, Waiver, Indemnity Agreement and Covenant Not to Sue (the "Agreement") in consideration of the Town of Wrightsville Beach permitting me to participate in the program for which I have registered which is offered through the Town of Wrightsville Beach Parks and Recreation Department. I acknowledge that participation in this program may involve strenuous physical activity on my part. I further acknowledge that participation in this event carries with it the potential for injury. I state that I am in proper physical condition to participate in this program. I agree to assume full responsibility for any injuries or loss which I may sustain as a result of participating in any and all activities connected with or associated with such program. I do hereby release the Town of Wrightsville Beach, CB Fitness and Athletic Training, its officials, officers, agents, employees and volunteers, and their instructors (collectively the "Released Parties") from and waive all claims of whatsoever kind or nature that I may have or which may accrue to me at any time to include claims for injuries, damage or loss resulting from or on account of my participation in this program. I further agree to indemnify and hold harmless and to defend the Released Parties from any and all claims resulting from injuries, damages and losses sustained by me arising from or on account of my participation in this program. I further covenant not to sue the Released Parties based on any and all claims resulting from injuries, damages and losses sustained by me arising out of my participation in this program. This Agreement shall be construed broadly to provide a release, waiver, indemnity and covenant not to sue to the maximum extent permissible under applicable law. I hereby certify that I have read this release/waiver and I understand its contents.

I hereby give permission for images of me captured during the program through video, photo and digital camera, to be used solely for the purposes of Town of Wrightsville Beach promotional material, newsletters, websites and publications and waive any rights of compensation or ownership thereto.

Refunds:

Should I decide to cancel this registration, a full refund (less a \$5 administrative fee) will be made if requested at least two weeks prior to the start of the program. If requested less than two weeks in advance, 20% will be retained as an administrative cost. If requested after the program has started, 40% plus a pro-rated amount for all days already conducted will be assessed, whether or not the child was in attendance.

Signature and Date

Please mark your calendar for the session in which you've registered.

We **do not** make reminder calls or send reminder emails.

**Makes Checks payable to:
Wrightsville Beach Parks and Recreation**

CB Strength Training & Conditioning for YOUTH

Summer 2019 Ages 11—16



1 Bob Sawyer Drive, P. O. Box 626

Wrightsville Beach, NC 28480

Phone: (910) 256-7925

Email: parksandrecreation@towb.org

www.townofwrightsvillebeach.com

CB Strength Training & Conditioning for Youth

The CB Strength Training & Conditioning for Youth program is offered to middle and high school athletes to help them stay in shape during the off season. Participants will be taught the proper form when it comes to speed and resistance training with an emphasis on injury prevention. This program is designed to help young athletes become quicker, stronger, and faster. The summer is a pivotal time for athletes to develop and perfect their craft. CB Strength Training and Conditioning for Youth is designed for serious athletes that are looking to gain a competitive edge by outworking the competition. The program will be led by former college/professional athletes.

Boys & Girls Ages 11—16

Mondays & Wednesdays

June 17—August 14, 2019

10 week session / 20 classes, 9:30—10:30 am

Fee Per Session:

\$120 WB Residents / \$160 Non-Residents

Drop-in fee per class:

\$10 WB Residents / \$12 Non-residents

*In the event of inclement weather, the makeup date will be scheduled on Fridays.

Born and raised in Wilmington, NC, CB Fitness owner Cedric Baker Boney began playing sports at a young age. He attended Laney high school for three years playing varsity football and basketball before transferring to New Hanover high school his senior year. A two sport standout, Baker Boney rushed for over 1,700 yards as a senior on the field and helped lead New Hanover High School to the N.C. 4-A state championship on the hardwood in 2007. A 2011 graduate of Appalachian State University, Cedric was a student athlete who majored in recreation management and minored in health promotions while playing football all four years. After graduation, Cedric interned for Appalachian State's Yosef club raising money for athletic scholarships. In 2012, Cedric signed a contract with the Colorado Ice, a team in the Indoor Football League. In 2013, Cedric returned to his hometown of Wilmington, NC to pursue other endeavors and coached running backs at New Hanover High School. The following year, Cedric coached and trained youngsters at Blizzard Athletics. In the fall of 2015 Cedric began his own business - CB Fitness and Athletic Training.

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Name

Age and Date of Birth

Parent or Guardian Name

Street Address

City, State, Zip

Email Address

Primary Phone

Alternate Phone

Emergency Contact:

Name and Phone Number

Medical Information—List any health concerns or allergies:

PLEASE COMPLETE REVERSE SIDE