



July 3, 2024

BK Swimmers & Parents,

Happy Fourth of July! We hope everyone has a fantastic holiday and remainder of the summer. We are looking forward to the start of our season, which is just six weeks away. This is just a quick update with a few reminders and tasks for the weeks ahead.

Calendar Reminders:

- BK Registration Forms Due: 7/31
- First day of practice: 8/12
- Retreat: 8/23 - 8/24 (Horsethief)
- Fall Sports Meeting: 8/21 (Tentative Date / Parents Only)
- First Meet: 9/7
- Brave-Knights Invite 9/27-9/28

Tasks:

- **Registration:** For all swimmers, returning and incoming, please complete the registration form accessed via this [LINK](#). It is also available on the team website. This will ensure we have all current information for all swimmers.
- **Retreat:** Sign up for the team Retreat! Please confirm you plan to join us on the team retreat— here is a direct [LINK](#) to the sign-up form, or you can find on the team website. The retreat will be August 23-24th at the Y Camp at Horsethief. Participation in the team retreat is optional and the cost will be approximately \$150 (includes, camp, meals & transportation).
- **Sports Registration and Physicals:** BK Athletics website - <https://www.bkathletics.org/forms>
- **ICAC Waiver:** Each swimmer (and parent if under 18) is required to complete the ICAC waiver for use of the aquatic center. I'm attaching a copy of the waiver to this update. Please complete the form and either email to me in advance or bring with you on the first day of practice.

The Team Calendar for the entire season, as well as our meet schedule is posted on the team website.

As always, if you have any questions, please reach out anytime!

Go Knights!
Coach Ryan

Coaches:

Ryan Stratton
rstratton@bk.org
(208) 409-2293

Chelsea Johnston
chelsea@icacenter.com
(208) 869-4861



**WAIVER AND RELEASE OF LIABILITY FORM
Release of Liability, Waiver of Claims,
Assumption of Risk, and Indemnity Agreement**

PLEASE READ CAREFULLY, BY SIGNING THIS DOCUMENT, YOU CHOOSE TO WAIVE CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE.

I, _____, wish to swim at the Idaho Central Aquatic Center and participate in lessons offered by the Greater Boise Aquatics Foundation, Inc. (dba Les Bois Swim Academy). By accessing the Idaho Central Aquatic Center, swimming in the pool, and utilizing any of the other areas in, within and around the Idaho Central Aquatic Center (collectively, the “*Pool*”), I recognize and fully understand certain things, including:

- **My use of the Pool may involve certain risks**, including but not limited to:
 - The risk of injury resulting from possible malfunction of the Pool equipment;
 - The risk of injuries resulting from tripping or falling over obstacles in the Pool;
 - The risk of injuries resulting from unsupervised divers and swimmers colliding; and
 - The risk of other injuries resulting from participating in any action in the Pool.
- I recognize and fully understand that the above list is not a complete or exhaustive list of all possible risks; the list only provides examples of the types of risks that I am assuming.

In exchange for Idaho Competitive Aquatics, LLC allowing me to utilize the Pool I hereby agree to the conditions below. I fully intend and choose to give up the legal rights as stated below:

1. **TO WAIVE ANY AND ALL CLAIMS** that I have or may have in the future against the Idaho Central Aquatic Center, Idaho Competitive Aquatics, LLC, the Greater Boise Aquatics Foundation, Inc., their respective directors, officer, employees, agents, or representatives (the “*Released Parties*”) relating to my use of the Pool, whether caused by the negligence of any of the Released Parties or by any other reason.
2. **TO RELEASE THE RELEASED PARTIES** from any and all liability for any loss, damage, injury, expense, or other cost that I may suffer or that my next of kin may suffer in connection with my use of the Pool to any cause whatsoever, **INCLUDING NEGLIGENCE ON THE PART OF THE RELEASED PARTIES.**
3. **TO DEFEND, INDEMNIFY AND HOLD HARMLESS THE RELEASED PARTIES** from any and all liability to property, or personal injury to, any third party, resulting from the use of the Pool.
4. That I am over the age of 18, or that if I am under the age of 18, my parent/guardian has signed this document.
5. That I am responsible and that I further agree to abide by the Rules and Regulations of the Pool posted on the Pool’s website at www.icacenter.com.
6. That this Release of Liability, Waiver of Claims, Assumption of Risk, and Indemnification Agreement is fully effective and shall be effective and binding upon me, my heirs, next of kin, executors, administrators, and assigns, or anyone else authorized to act on my behalf or on behalf of my estate.

I have read and understood this document. I am aware that by signing this document, I am waiving certain legal rights that I may have against the Released Parties, and I fully agree to do so.

Print Name: _____ DOB: _____
 Signature: _____ Date: _____
 Parent/Guardian: _____ Signature: _____