



## Kent Knights *Off Season Conditioning*

**Dates:** June 9, 23, 30 and July 7

**Location:** Kentwood High School **Time:** 2:00pm - 4:00 pm **Ages:** 6 - 14

**Coaches:** All Kent Knights coaches that can attend as their schedules allow. **Mike Talley** is our off season conditioning program contact.

A registration form will be **required** to be fill out by a parent or guardian prior to child participating in conditioning sessions. There is no cost to participant.

### Off Season Conditioning Registration Form - Please fill out the below information CLEARLY

<b>Participant Name:</b>	<b>Participant Age:</b>
<b>Parent/Guardian Name:</b>	<b>Parent/Guardian Phone#:</b>
<b>Address:</b>	<b>Email:</b>
<b>Emergency Contact Name:</b>	<b>Phone:</b>
Does participant have any medical conditions? <input type="checkbox"/> <b>yes</b> <input type="checkbox"/> <b>no</b> If yes, please explain:	
Does participant have any allergies? <input type="checkbox"/> <b>yes</b> <input type="checkbox"/> <b>no</b> If yes, please explain:	

### Waiver – parents please read, sign and date

I, the parent or legal guardian of the participant I am registering with the **Kent Knights Jr. Football & Cheer Off Season Conditioning** program does hereby grant permission for his/her participation in any and all conditioning activities.

I agree to assume all risks and hazards incidental to participation in a conditioning camp. I do hereby waive, release, absolve, indemnify, and agree to hold harmless, **Kent Knights Jr. Football & Cheer, the officers, directors, coaches, sponsors, volunteers, individual chapters, participants**, for any claim arising out of an injury to my child, whether the result of negligence or any other cause.

Participant Name (print): \_\_\_\_\_

Parent/Guardian Name (print): \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

We are excited to have several new coaches join our franchise this season that will participant in the off season conditioning as their schedules allow.

Heading up the off season conditioning program is coach Mike Talley who is excited to get players prepared for the football season that begins next month!

Coach Talley is a 25-year veteran of the game with 15 years playing football and 10 years coaching. Coach Talley has coaches every age from 1<sup>st</sup> grade to varsity players in high school. He has a passion for the game and it stems from his own high school experience where he grew up for a short period of time in Katy, Texas. This is where he learned and continues to live by his motto, "*Football is Family*".

*If you have questions about our conditioning program or would like more information about football or cheer with the Kent Knights, please contact us via email at [kentknights79@gmail.com](mailto:kentknights79@gmail.com) and visit our website at [www.kentknights.com](http://www.kentknights.com)*