



St. Michael's Hospital
Avera 

COACH ROZY PERFORMANCE - Powered by AVERA Sports

SUMMER PERFORMANCE TRAINING

Bon Homme 2024 Summer Program

Join Mark "Coach Rozy" Roozen & Staff for Bon Homme's 2024 Summer Performance Academy. The Summer Program is designed to improve performance levels, increase athletic skills, aid in injury prevention, and develop life-long enjoyment of activity.

UPPER-LEVEL PROGRAM - M-T-W-TH

Tuesday, May 28 2024 to Thursday, August 1, 2024

M-T-W-Th: 6:30 am - 8:00 am

M-T-W-Th: 8:00 am - 9:30 am

JR LEVEL PROGRAM - T & TH

Tuesday, May 28, 2024 to Thursday, August 1, 2024

T-Th: 9:45 am - 10:30 am

No Sessions July 1 - July 5, 2024; STATE MANDATE

UPPER Boys & Girls Grades 7th thru 12th in Fall of 2024

JR Movement Skills Boys & Girls Grades 3rd thru 6th in Fall of 2024

**TO SIGN-UP TODAY PICK UP FORMS FROM THE BON HOMME
ADMINISTRATION OR ATHLETIC OFFICE**

FOR MORE INFORMATION CONTACT:

Mark "Coach Rozy" Roozen - 817-219-2811

rozyroozen@gmail.com * www.coachrozy.com

***Make Checks or Money Orders to Bon Homme.**

PLEASE TURN IN REGISTRATION TO ADMINISTRATION OFFICE AT SCHOOL - DO NOT MAIL IN FORM.

REGISTRATION FORM

Name _____ Age _____

Address _____

State _____ Zip Code _____ Phone # _____

Email Address _____

Yr in School-Fall of 2024 ___ 3rd ___ 4th ___ 5th ___ 6th ___ 7th ___ 8th ___ 9th ___ 10th ___ 11th ___ 12th

Shirt Size: ___ S ___ M ___ L ___ XL ___ XXL ___ XXXL

___ Male ___ Female Sports Participated In _____

Name of Parent or Guardian _____

Phone # _____ Email _____

___ \$150.00 paid on or before May 17, 2024

___ **\$175.00 paid AFTER May 17, 2024**

___ \$49.00 Jr. Program - paid on/before May 17, 2024

___ **\$79.00 Jr. Program - paid AFTER May 17, 2024**

MARK YOUR PREFERENCE FOR SESSION

A - 6:30 am to 8:00 am

B - 8:00 am to 9:30 am

CANCELLATION POLICY: Written Cancellation 14 calendar days prior to start date of the program will receive a full refund. Within 14 calendar days before the start date, a refund of less 20% administration fee of the full price paid. No refund once the program starts. In the case of an injury or major illness, the participant will be granted credit for future sessions on the presentation of a medical note.

SESSION POLICY: All sessions must be paid in advance before any training begins. All sessions will begin at the scheduled time. No refund or credit will be granted if you are late or if you miss a session. You agree to inform your coach of any conditions or changes in your health while participating in the Program. Sessions may be canceled due to a low number of participants.

INFORMED CONSENT/LIABILITY WAIVER:

The undersigned (including a parent of a minor) has requested participation in the Coach Rozy Performance Program or an Elevation Nation Bootcamp - Powered by AVERA Sports (hereinafter referred to as the "Coach Rozy Bootcamp"). The undersigned understands participation is voluntary and that they can withdraw at any time from Coach Rozy Performance or Coach Rozy Bootcamp. Any money paid to Coach Rozy Performance or Bootcamp is non-refundable. As the undersigned, I permit to use, reprint, and produce any photographs or videos taken of myself or my child during training with Coach Rozy Performance with the understanding that such material will only be used by Coach Rozy Performance and/or AVERA Sports to promote their programs through marketing and social media platforms.

The undersigned (including a parent of a minor) acknowledges that use of the Ruth Donohoe First Dakota Fieldhouse -- including without limitation participation in any of the programs or activities and use of equipment and facilities may cause injury. The undersigned hereby assumes all risks of injury which may result from or arise from the attendance or use of equipment, activities, or facilities, and the undersigned agrees, on behalf of her/himself and its heirs, executors, administrators and assigns to fully and forever release and discharge Mount Marty University and its respective officers, directors, employees, agents, successors and assigns (collectively, the "Releasees") from any and all claims, damages, demands rights of actions or causes of action, present or future, known or unknown, anticipated or unanticipated, resulting from or arising out of the undersigned's attendance at or use of

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equipment, activities, or facilities of Ruth Donohoe First Dakota Fieldhouse. This includes, without limitation, any claims, damages, demands, rights, action or causes of action resulting from or arising out of the negligence of the Releasees. Further, the undersigned releases and discharges the Releasees from any and all liability from any loss or theft of, or damage to, personal property, and lost wages, both present and future, and future loss of earning capacity. The undersigned acknowledges that he/she (or parents if user is a minor) has carefully read this waiver and release and fully agrees to its terms.

The undersigned (including a parent of a minor) acknowledges that use of Coach Rozy Powered by Avera Sports Performance programming ---including without limitation participation in any of the programs or activities and use of equipment and facilities may cause injury. The undersigned hereby assumes all risk of injury with may result from or arise from the attendance or use equipment, activities, or facilities, and the undersigned agrees, on behalf of her/himself and its heirs, executors, administrators and assigns to fully and forever release and discharge Avera Sacred Heart and its respective officers, directors, employees, agents, successors and assigns (collectively, the "Releasees") from any and all claims, damages, demands rights of actions or causes of action, present or future, known or unknown, anticipated or unanticipated, resulting from or arising out of the undersigned's attendance at or use of equipment, activities, or facilities where Coach Rozy Powered by Avera Sports programming is performed. This includes, without limitation, any claims, damages, demands, rights, action or causes of action resulting from or arising out of the negligence of the Releasees. Further, the undersigned releases and discharges the Releasees from any and all liability from any loss or theft of, or damage to, personal property, and lost wages, both present and future, and future loss of earning capacity. The undersigned acknowledges that he/she (or parents if user is a minor) has carefully read this waiver and release and fully agrees to its terms.

Participant Name (Please Print) _____

Participant Signature _____

Date _____

PLEASE FILL OUT AND SIGN IF PARTICIPANT IS A MINOR:

Parent or Guardian Name (Please Print) _____

Signature of Parent or Guardian _____

Date _____

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