



Parental consent and waiver release agreement form

I, the undersigned, do hereby acknowledge and understand that as an integral part of the activity my son or daughter has signed up for, will be undertaking a great deal of physical activity. This will involve a range of strength & conditioning activities, designed to improve athletic performance.

All conditioning activities carry an inherent risk and I acknowledge that my son/daughter has been advised of the risks involved in these activities, and that they participate voluntarily. I further acknowledge that it is my own responsibility to adequately insure my son/daughter against the risks associated with these activities.

In the event that my son or daughter should sustain injury to as a result of participation in the above programmes, I hereby agree to hold harmless All-Pro Performance, and its staff.

Signature Date

Name (printed)

Signature of Parent _____

(for those under the age of majority)