# BIGGER – FASTER – STRONGER (BFS)

***Welcome incoming 9th grade student-athletes, we can’t wait to see you!***

Weightlifting is highly encouraged and expected for athletic development, preparation for our physical sport, and player safety. Studies show that participation in off-season workouts helps to reduce the risk of injury during the season, increase player stamina, contribute to mental fortitude, and classroom performance and focus.

**Is there supervision during workouts?**

Yes. There is at least one certified member of the coaching staff present during all workouts. Coaches will teach technique, fundamentals in lifting properly, and monitor safety. Our coaching staff is also CPR/FA certified and AEDs are accessible/available for student- athlete safety.

**Off-season weight training program Information:**

* Tuesday/Thursdays, from 5:00 -6:00 pm, at MIHS for the month of February.
* Requires signed BFS waiver (attached) and completed Emergency Contact Form to participate (form on our team website).
* BFS (annual) fee is $300 for incoming 9th
* Payments can be made online at MIFootball.org or by check made out to *Mercer Island Football Booster Club*
* Program runs weekly until regular season practices begin
* This program is open to all eligible MIHS student-athletes
* Additional information can be found on our team website here: https://[www.mifootball.org/training](http://www.mifootball.org/training)

**Please have your student-athlete bring the BFS Waiver and Emergency Contact Form to BFS on their first visit or scan/email to the Head Coach at the email address provided below.**

We’re looking forward to a successful 2022 season for our program and the attendance and effort in the weight room is what will help us in our preparation for the rigor of the season, aid our student-athletes in minimizing injuries, develop team unity and trust, and give us the best opportunity to compete at a high level.

Should you have any questions about the BFS program, please feel free to contact the Head Coach at: [**ed.slezinger@mercerislandschools.org**](mailto:ed.slezinger@mercerislandschools.org)

**MIHS OFF-SEASON TRAINING**

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**Registration and Waiver of Liability**

**BFS Registration and Waiver of Liability:** Because physical exercise can be strenuous and subject to risk of serious injury, we urge you to obtain a physical examination from a doctor before using any exercise equipment of participating in any exercise activity. You agree that by participating in physical exercise or training activities, you do so entirely at your own risk. You agree that you are voluntarily participating in these activities and use of these facilities, the premises, and all the equipment, and assume all risks of injury, illness, or death.

We are also not responsible for any loss of your personal property. You acknowledge that you have

carefully read this “Waiver of Liability” and fully understand that it is a release of liability. You expressly agree to release and discharge the trainer or instructor from any and all claims or causes of action and you agree to voluntarily give up or wait any right that you may otherwise have to bring legal action against the trainer or instructor for personal injury or property damage. To the extent that statute or case law does not prohibit releases for negligence, this release is also for negligence. If any portion of this release from liability shall be deemed by a court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from.

By signing this release, I acknowledge that I understand its content and that this release cannot be modified orally. This form will remain on file for the duration of your training with Mercer Island Football. A copy can be given to you for your records upon request. This form cab only be released to a third party with your express written consent.

**Initial:**

**Covid-19 Assumption of Risk, Waiver of Liability, Hold Harmless Agreement**

**Assumption of Risk for Covid-19:** I understand that my child’s participation in this activity is voluntary and is not required. By signing below, I acknowledge that I have carefully read and understand the risks of Covid-19 associated with entering school district premises or facilities, participating in activities in person, and/or participating in this activity. I voluntarily assume such risks, including the risk of serious illness, debilitating injury, or death to my child and myself. By signing below, I further acknowledge that I understand that the risk of exposure to, contracting, or spreading Covid-19 may result from the acts, omissions, or negligence of myself and others, including but not limited to the employees, agents, representatives, volunteers; other students, program participants, and their families; and/or other individuals who may be present in school or facilities or in attendance at any school activity. I knowingly assume such risks, including the risk of serious illness, debilitating injury, or death to my child or myself.

**Waiver of Liability/Hold Harmless:** By signing below, and inconsideration for providing my child the opportunity to participate in the activity, I voluntarily agree to waive and discharge any and all claims against Mercer Island School District, Mercer Island Football, and its agents, volunteers, and representatives related to or arising out of Covid-19, and voluntarily release Mercer Island School District and Football program from liability for any exposure to, or illness or injury from Covid-19, including claims for negligent actions of the District or its employees, agents, representatives, volunteers

related to or arising out of Covid-19, on behalf of myself and my child to the fullest extent allowed by law. By signing below, and inconsideration for providing my child the opportunity to participate in the activity, I agree to release, discharge, and hold harmless the District, football program and its agents, volunteers, and representatives from all liability, claims, causes of action, or demands, including attorney fees, fines, fees, or other costs (e.g., medical costs) arising out of any exposure to or illness or injury from Covid-19.

**Initial:**

**Photo/Media Release:** I grant permission to Mercer Island Football and its subsidiary units, to use photographs, video, audio recordings, and/or other textual material created by me for use, including web sites or other electronic forms or media, and to offer the photographs, video, audio, or text for use or distribution to other media, without notifying me. I hereby waive any right to inspect or approve the photographs, publications, or electronic matter that may be used in conjunction with them now or in the future, whether that use is known to me or unknown, and I waive any right to royalties or other compensation arising from or related to the use of the photographs. I understand that I release the copyright to the original materials. I hereby agree to release and hold harmless Mercer Island Football, agents and volunteers against any claims, damages, or liability arising from or related to the use of the photographs, including but not limited to any re-use, distortion, blurring, alteration, optical illusion or use in composite form, either intentionally or otherwise, that may occur or be produced in production of the finished product. It is the discretion of Mercer Island Football to decide whether to use the media. I have read this release and I fully understand the contents, meaning and impact of this release.

**Initial:**

I certify that I am the parent and/or legal guardian of the named student herein **OR** am the named student and am 18 years of age or older, that I have read and understand the foregoing, and accept and agree to be bound by the terms and conditions of the above.

Athletes Printed Name: Grade:

Athlete Signature: Date: / /

Parent/Legal Guardian Name:

Address:

Email: Phone: \_

Parent/Legal Guardian Signature: Date: / /

**Emergency Contact Name: Phone:**