

Wrestling Clinic

This is an excellent opportunity for girls or boys to briefly experience wrestling and learn what it is about prior to committing to and joining the Ellis Wrestling Club. This clinic is for first-time wrestlers (or those who are currently on the fence about joining again) and want to see what it's all about. Please note: unlike previous years, the clinic is not additional practice days for experienced wrestlers/those who know they will join the club. Coaches would like to have as much one on one time as possible in these two days to work with kids new to the sport. There will be no parents meeting/pizza party this year: coaches and club president will be available to answer questions regarding the club, how to join and what it entails.

Registration Deadline: October 22, 2025

Fee: \$10.00

Dates: Monday, Nov. 3rd & Tuesday, Nov. 4th

Times: 6:00-7:00 p.m.

Location: Ellis High School Wrestling Room



Print Child's Name: _____

Address: _____ City: _____

DOB: _____ Grade: _____

Years Experience: 1-3 years _____

Print Father's Name _____ Ph _____

Print Mother's Name _____ Ph _____

Emergency contact: (Other than parent/legal guardian)

Name _____ Ph _____

List medical conditions if any: _____

Pd _____ SCH _____ Date _____

Cash Check Credit Name: _____

Ellis Rec

CONSENT FOR EMERGENCY MEDICAL AND DENTAL CARE: I appoint the ERC staff, instructors, and volunteers as my agent and representative for the purpose of authorization of emergency medical and dental treatment deemed necessary by duly credentialed physician, dentist, or health care provider. My consent authorizes ambulance service, admission to a hospital, examination (to include X-rays), anesthesia, the use of drugs and medication, and necessary surgery recommended by such medical personnel for the purpose of saving life or to reduce further injury and harm. I acknowledge that payment of such medical treatment is my obligation and that such treatment will be sought only in the event of an emergency. **WAIVER RELEASE STATEMENT:** As a participant in this program, I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries, including loss of life, damages or loss which I may sustain as a result of participation in any and all activities connected with or associated with such program. I further agree to waive and relinquish all claims, full release and discharge and agree to indemnify and hold harmless and defend the ERC and its officers, agents, servants, and employees from any and all claims resulting from injuries, including loss of life, damages, and losses sustained by me and arising out of, connected with, or in any way associated with the activities of the program. The undersigned and participant authorize the ERC to use at its discretion any photograph(s) taken of the participant while participating in any activity and waive any and all claims that the participant or the undersigned or their heirs, executors, administrators, or assigns may have or claim to have resulting from such photograph(s) or reproductions thereof. **WAIVER/RELEASE FOR COMMUNICABLE DISEASES INCLUDING COVID-19** In consideration of being allowed to participate on behalf of Ellis Recreation Commission athletic program and related events and activities, As a participant in this program I acknowledge, appreciates, and agrees that: Participation includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and, I willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. If, however, I observe and any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and, I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS Ellis Recreation Commission their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY AND ALL ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law. All Ellis Rec issued equipment must be returned to the Ellis Rec at the end of season. If equipment is not returned to the Ellis Rec, the participant may be charged a fee for the replacement of the of the unreturned equipment.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IF FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Name of participant: _____

Participant signature: _____

Date signed: _____

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)
This is to certify that I, as parent/guardian, with legal responsibility for this participant, have read and explained the provisions in these waiver/release to my child/ward including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, my child/ward understands and accepts these risks and responsibilities. I for myself, my spouse, and child/ward do consent and agree to his/her release provided above for all the Releasees and myself, my spouse, and child/ward do release and agree to indemnify and hold harmless the Releasees for any and all liabilities incident to my minor child's/ward's presence or participation in these activities as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent provided by law.

Name of parent/guardian: _____

Parent guardian/signature: _____

Date signed: _____ Parent Email: _____

REGISTRATION DEADLINE OCTOBER 22, 2025