



# TEEN LIFTING ORIENTATION

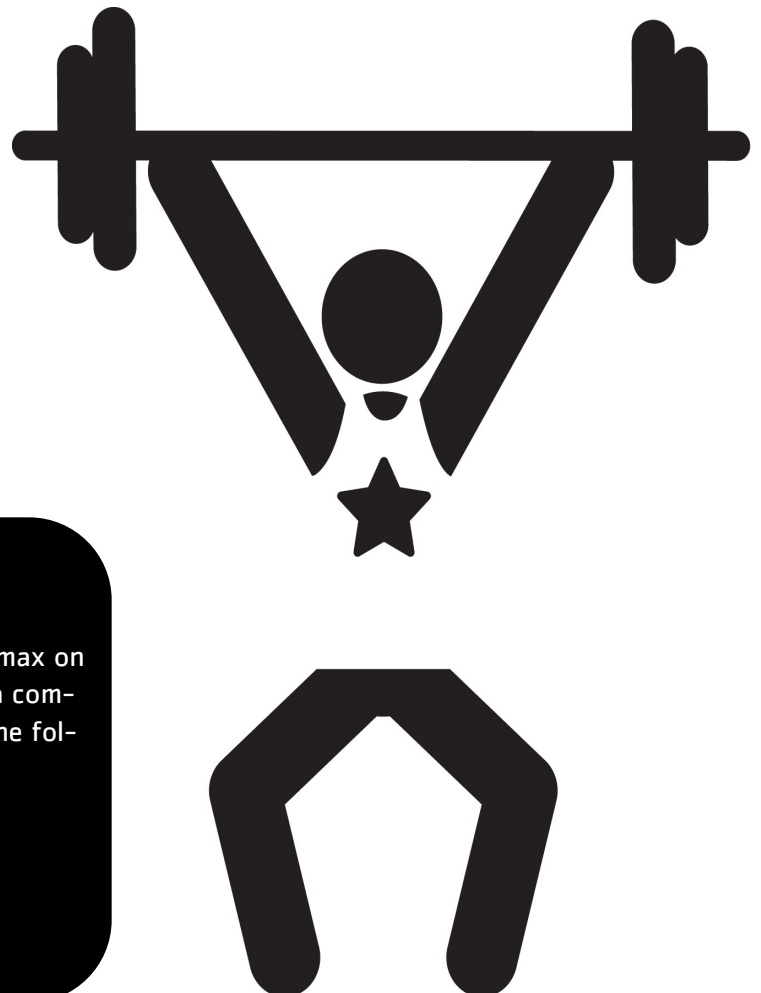
**Because lifting in youth is different!**

Lifting in teens is not the same as lifting in adults. Teens are growing and must be aware of developing bone, periods of awkwardness and flexibility continuum. The purpose of this orientation is to teach the proper technique involved with the 3 lifts necessary to compete in the "To The Limit" challenge. Teens who are members of the Y will be given the opportunity to sign up for the FREE orientation before competing in the new "To The Limit" teen division.

**5:00 pm – 5:30 pm or 5:30 pm – 6:00 pm**  
**Wellness Center**

- October 31
- November 7
- November 14

Participants must be 12 - 17 years of age and complete a parent waiver prior to scheduled orientation. Each session is limited to the first 5 participants.



## **"To The Limit Strength Club"**

November 12 - 16

Participants have to successfully perform a one repetition max on the bench press, squat, and deadlift with correct form for a combined designated total. Challenge is available for teens in the following divisions:

Teen Boys (12 - 17): 800+ lbs.

Teen Girls (12 - 17): 300+ lbs.

**FREE!**

For more information contact Quinn Barfield at 655-9106.



## Teen Fitness Orientation – Release Form

Name: \_\_\_\_\_ D.O.B. \_\_\_\_\_

Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Address: \_\_\_\_\_ Zip: \_\_\_\_\_

Primary Contact Name: \_\_\_\_\_ Primary's E-mail Address: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Cell Phone Carrier: \_\_\_\_\_

Alternate Contact Name: \_\_\_\_\_ Alternate Contact Cell: \_\_\_\_\_

Session Info: (Please check the session you are registering for)

\_\_\_\_\_ October 31      \_\_\_\_\_ 5:00 pm      \_\_\_\_\_ 5:30 pm

\_\_\_\_\_ November 7      \_\_\_\_\_ 5:00 pm      \_\_\_\_\_ 5:30 pm

\_\_\_\_\_ November 14      \_\_\_\_\_ 5:00 pm      \_\_\_\_\_ 5:30 pm

**YMCA Mission:** The San Angelo YMCA will serve the people in the community of all faiths and ages with emphasis on families and youth, to permit them to achieve their God-given potential in spirit, mind, and body through its programs, staff, facilities, and the community.

**WAIVER:** I hereby, for myself and my agents, waive and release any and all rights and claims which I may have, or which may accrue against the YMCA of San Angelo and its respective officers, agents, sponsors, or any employees for any injury which may be suffered in connection with my child's participation in this activity. I hereby acknowledge that this program provides no insurance coverage and my own insurance will be used in case of an accident. By signing below, I am giving my permission for my child's to participate in the above program.

**PHOTO RELEASE:** Additionally, in consideration for being allowed to participate in YMCA membership and programs, I understand that images, video and film footage is often used by the YMCA of San Angelo for promotional purposes. For my participation in activities to be conducted by YMCA of San Angelo hereby give my permission and consent, now and for all time, to YMCA of San Angelo, The National Council of Young Men's Christian Associations of the United States of America (YMCA of the USA) and third parties collaborating with YMCA of San Angelo to make, reproduce, edit, broadcast or rebroadcast any video film, footage, sound track recordings and photo reproductions of me and/or my narrative account of my experience at YMCA of San Angelo for publication, display, or exhibition thereof in promotions, advertising and legitimate business uses without any compensation to, and/or claim, by me. I may, or may not be, identified in such reproductions; however, I shall not be stated by name to have endorsed any particular commercial products or commercial services.

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Name Printed: \_\_\_\_\_