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# **YMCA Ultimate Frisbee Day**



## **Frisbee Day Information:**

- Sunday, March 19th @ the Hickory Foundation YMCA
- 2-3pm — Introduction for New Players
- 3-5pm — Game Time!
- Men and Women Ages 14+ — All levels of experience welcome!
- Registration is open from January 23rd-March 18th
- Bring cleats, water and a desire to run!
- For more information or questions for this event check out the Facebook Group "Hickory Ultimate Frisbee"

Register online at [www.ymcacv.org](http://www.ymcacv.org) or in person at the YMCA



**Sports Waiver:** In Consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assignees, release and discharge the YMCA of Catawba Valley, its Board of Directors, employees, members, sponsors, and program volunteers of any liability from injury, illness or loss which may occur during my participation to, during and from YMCA of Catawba Valley Adult Sports leagues. I specifically release and discharge said promoters and sponsors from all injuries or damages arising from or contributed to by any physical impairment or defect I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in such events, the same being my sole responsibility.

All players must be 14 years of age or older. All players must sign the sports waiver prior to participating in the event.

\_\_\_\_\_  
Signature

Participant Name: \_\_\_\_\_

D.O.B. \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

Cell Number: \_\_\_\_\_

Email: \_\_\_\_\_

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

Emergency Contact: \_\_\_\_\_

Contact's Cell # \_\_\_\_\_