

**AXIS Waiver and Release Form**

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Grade: \_\_\_\_\_ School: \_\_\_\_\_

Parent/Guardian Name (if under age 18): \_\_\_\_\_ Email: \_\_\_\_\_  
Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_ (Cell) \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
How did you hear about Axis: Youth Program \_\_\_\_\_ High School \_\_\_\_\_ Friend \_\_\_\_\_  
*(Please give name of person*  
*or team where applicable)* Coach \_\_\_\_\_ Other \_\_\_\_\_

Please list sports/activities that you participate in:

Please list any previous injury's or health concern's that could hinder your training:

If you have been under the care of a Physical Therapist, Orthopedic Doctor, or other specialist, please indicate the reason for care

Training Goals: \_\_\_\_\_

**If you do NOT want your (or your child's) pictures/videos used in materials designed to publicize Axis Sport Performance's facilities and services, please check this box.**

I hereby acknowledge that the use of exercise equipment, including free weights, weight machines, and cardiovascular machines, and participation in vigorous physical activity including speed and agility training and conditioning, can be dangerous and may lead to serious injury or even death, and I, for myself and my heirs, executors, administrators, successors and assigns, assume all risk of such consequences, and do hereby remise, release, acquit, discharge and hold harmless Benchmark Training LLC, DBA Axis Sport Performance, its present, former, and subsequent officers, employees, agents, representatives, successors and assigns from any and all actions, causes of action, claims, demands, liabilities, or suits of any kind arising out of my participation in Axis Sport Performance's programs, whether arising out of mechanical failure, negligence on the part of Axis Sport Performance, or any reason or cause whatsoever.

To my knowledge, \_\_\_\_\_ (participant's name) does not have any physical or mental condition that would prevent him/her from participating in a speed, strength, and conditioning program with Axis Sport Performance.

\_\_\_\_\_  
Athletes Name (please print)

\_\_\_\_\_  
Parents Name (please print)

\_\_\_\_\_  
Signature  
(Parent must sign if athlete is under age 18)

\_\_\_\_\_  
Date