

Adapted Gymnastics/ Tiger Academy Gymnastics (TAG) Release and Waiver

RELEASE OF ALL CLAIMS

Release made by _____, [name of parent or guardian],
on _____ [Date], who lives at _____ [address],
City of _____, County of _____, State of Missouri, as _____ the
parent or guardian of the child named _____.

Gymnastics possesses the potential for serious injury. The purpose of this form is to educate and warn parents and participants regarding the possible detrimental aspects of doing gymnastics. Gymnastics involves rotational skills in which the body may twist while in space. It also involves being above the floor on each event. Regardless of the amount of safety precautions and training, there is always the possibility of landing on a "danger zone" area. The major danger zone area is the neck & spinal cord. This tragic gymnastics injury can result in paralysis and even death. The other danger zones include the knees, ankles, wrists, elbows and shoulder joints. Minor bumps & bruises, muscle soreness & sores on the hands may occur due to minor falls occurring at the events & friction on bars.

I, Amie Butler, Director and Owner of Tiger Academy of Gymnastics, LLC, believe that the coaching staff at Tiger Academy of Gymnastics is well trained and competent. I have great confidence in their ability to teach gymnastics safely and in proper progressions. They have years of experience, educational background & continued education essential in teaching gymnastics to children. It is our intention to provide participants with a positive experience in gymnastics. If, however, consideration has not been made about the detrimental aspects of gymnastics and you would like to cancel your child's membership, please let us know.

Ways to facilitate your child's experience at Tiger Academy:

1. Hair is to be pulled back to avoid obstruction of vision
2. Females should wear a leotard (**tight fitting** shorts if desired)
3. Males should wear tight fitting shirts & shorts
4. NO DANGLING JEWELRY
5. Parents/Friends/Siblings remain in the designated viewing areas to avoid distractions & possible injury

In consideration of allowing the declared participant(s) to begin participation at Tiger Academy of Gymnastics, or at any Tiger Academy of Gymnastics function, the undersigned, for themselves, and/ or being the legal and acting guardian of participant(s), acting for themselves and on behalf of the participant(s), release and hold harmless Tiger Academy of Gymnastics, LLC., its owner, and employees, from any and all liability, claims, demands, and causes of action whatsoever, arising out of or related to any loss, damage, or injury, including death, that may be sustained by the participant(s) and/or the undersigned.

Guardian /Parent Signature: _____

Date: _____