



Join the **Girls in the Game[®]** Triathlon Team
(For girls ages 7-18)



Practices:
Every Thursday, June 30th through August 25th
3:30-5:30pm
Douglas Park (1401 S Sacramento Dr.)



Training includes:
Swimming, running, biking, bike safety training presentation, and expert guest coaches.

Requirements:
Athletic clothing, one-piece swimsuit for training and race day, bicycle, and helmet. All girls are required to attend 8 out of 9 practices.



Lifetime Kids Triathlon:
Saturday, August 27th. Transportation will be provided for participants and their parent/guardians from Douglas Park the morning of the event.

*Please return completed permission slips to
Girls in the Game, Douglas Park, 1401 South Sacramento Drive, Chicago, IL, 60623
or email them to Coach Helena at hlavric@girlsinthegame.org.*

Only 20 spots are available! Don't wait to send in your permission slip!

Please contact Coach Helena at 312.633.4263 or hlavric@girlsinthegame.org for any questions or concerns.



Triathlon Permission Slip FY17

Name of Participant _____ Date of Birth _____ Age _____

FAMILY INFORMATION

Name of Parent/Primary Caregiver _____ Relationship _____ Language _____

Address of Participant _____ Zip Code _____

Day Phone _____ Other Phone _____

Emergency Contact _____ Relationship _____

Address _____ Phone _____ (a phone # is required)

MEDICAL INFORMATION

Name of Participant's Doctor _____ Address _____ Phone _____

List Name of Health Insurance Company _____ Policy Number _____
(Write "None" in space above, if participant does not have health insurance. Do Not Leave Blank)

List all medications (with doses /times taken) that are prescribed to Participant: _____

Does Participant have any allergies to food /other products? YES NO If yes, describe _____

Describe all medical conditions or special needs: _____

General & Medical Release

For good consideration, including the privilege of participating in programming with Girls in the Game from July 2016 – June 2017, the undersigned hereby releases Girls in the Game, program partners, respective officers, directors, agents and employees from all liability, claims, demands, actions, losses or obligations of whatever nature, at law, in equity or otherwise whatsoever, arising out of, or related in any manner to the undersigned child's participation in any Girls in the Game programs and activities. In signing the foregoing release, the undersigned hereby acknowledges and represents that he/she has read the foregoing release, understands it, and signs it voluntarily as the authorized parent/ guardian grants permission for child to participate in, travel with and receive any needed medical care required while in programming with Girls in the Game. In addition to the foregoing release and in no way in limitation thereof, in the event of a medical emergency, I hereby authorize Girls in the Game and its chosen medical professionals to obtain medical care, treatment or hospitalization for my child. I understand that I am responsible for all costs/payments associated with her medical care. To the best of my knowledge, I confirm my child is in good physical health and no condition exists preventing her from safely participating in the program

Check to confirm your understanding:

____ I will drop my child off at all training sessions ON TIME at 3:30 pm and pick up at 5:30 pm at the practice location. I understand she must attend 8 of 9 sessions of the training to be able to participate in the Lifetime Kids Triathlon on August 27th, 2016.

____ I will ensure my daughter eats a healthy snack before each training session and comes ready to practice dressed in athletic clothes and gym shoes and brings a bathing suit/towel with her.

____ I will attend the Lifetime Kids Triathlon with my daughter on August 27th, 2016. (Parents may ride the bus with Girls in the Game or arrange for their own transportation; bus will depart from practice location in the morning on August 27th.)

____ I am responsible for confirming with my child's physician that she is in good physical health to safely participate in the training and triathlon. It is my responsibility to monitor her involvement and discontinue her participation if, at any time, she becomes physically or mentally unable to participate.

____ In addition to the weekly training that will focus on running and swimming, I will help my daughter train in all three areas (running, swimming, biking) at least 1 time per week from June-August

Parent/Guardian Signature _____ Date _____