



Come get active this Spring as CAPT. presents
F.A.S.T. Athletics Spring Sports Programs!!!

The **Super Sports Program** will offer a variety of sports each week such as: Soccer, Basketball, Flag Football, Dodge Ball and Kickball. Programs will include proper stretching warm-up games as well as learning the basic skills of each sport, each class will end with a high energy game with the sport played that day.

****SIGN-UP TODAY, CLASS SIZES ARE LIMITED!****

Programs:

1. SuperSports Grades 1-2
Dates: 3/23-5/18 (off 4/20 - 8 weeks, every Tuesday)
Time: 2:45-3:45pm
Location: JFK Gym, pick up outside gym
Price: \$85.00

2. Flag Football Grades 3-5
Dates: 3/25-5/20 (off 4/22 - 8 weeks, every Thursday)
Time: 2:45-3:45
Location: JFK outside fields, pick up outside unless raining (JFK gym)
Price: \$85.00

APPLICATION

Child's Name _____ **Age** ____ **Grade** _____
Address _____ **Program Number** _____
City _____ **ST** _____ **ZIP** _____
Email _____
Home Phone _____ **Emergency Phone** _____

Please return all registrations to homeroom ASAP with check payable to CAPT.

CONSENT AND RELEASE

I the undersigned parent/guardian of _____, a minor, do hereby consent to my child's participation in any and all F.A.S.T. Athletics Programs. I also agree to forever release F.A.S.T. Athletics from any and all claims, rights of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to my child or property damage resulting from my child's participation in F.A.S.T. Athletics programs. I further affirm that I have read this CONSENT AND RELEASE FORM and that I understand the contents of this form. I understand that my child's participation in these programs is voluntary and that my child and I are free to choose not to participate in F.A.S.T. Athletics programs with full knowledge that the release will not be liable to anyone for personal injuries and property damage my child or I may suffer in F.A.S.T. Athletics Programs

Please Sign _____