



GrindStone Athletics (GSA) Membership Form - JUNIOR ATHLETE INFORMATION FORM

Junior Athlete Name:	
Nickname:	
Parent Email:	
Parent Phone:	
Address:	
Birth date:	
Height:	
Weight:	
Adult T-Shirt Size:	
Allergies:	
Insurance:	Carrier:
	Group #:
School and grade level, as of September 2020:	
Is there anything additional information we should know about your child?	

In case of emergency, please notify:

Name:	Relationship:
Phone:	

Authorized Adults for Pick-Up and Drop-Off:

Name:	Relationship:
Phone:	

Name:	Relationship:
Phone:	



Mission Statement: GrindStone Athletics (GSA) strives to cultivate and maintain a healthful environment to allow athletes to attain their highest level of personal growth and improvement in an atmosphere of positivity and mutual respect. Benefits include:

- Learning Muay Thai and other martial arts.
- Learning a new skill.
- Socialization through physical activity.
- Team building.
- Physical exercise.
- Building self confidence.
- Learning self defense.
- Earning and learning about respect.

Goals: GrindStone Athletics trainers and highly trained Independent Contractors will assist athletes in setting and achieving discipline and objectives through rigorous and goal-oriented training. In order to maintain a positive and goal-oriented environment, the following expectations will always be in effect. Be sure to ask us to clarify any point(s) that is unclear to you.

- GSA's atmosphere promotes safety, respect, and positivity for its trainers and all other athletes of the GSA team.
 - It is expected that all members stay aware of their location in respect to others' activities, equipment placement, and signage related to cleaning or repair work at all times. Safety is the job of GSA team and members.
 - Unaccompanied and/or unregistered minors are not the responsibility of GSA ,and all athletes are responsible for the care of any minors that accompany them.
- It is expected that all athletes operate with a similar respect and positive manner to all persons present or not present at GrindStone Athletics while under the tutelage of GSA and its trainers. This includes, but is not limited to, appropriate language, dress, attitude, and manner.
- It is GrindStone Athletics' mission to help athletes attain their goals. However, if GrindStone Athletics or a member of GSA believes an athlete's behavior is negatively affecting GSA's environment, GSA reserves the right to terminate an athlete's membership for any reason at any time.

By signing below, I understand the goals of GSA and the expectations I must meet to create a healthy and positive environment.

Junior Athlete's Name:	
Printed Parent Name:	
Parent Signature:	
Date:	



Waiver

*Please read carefully, and sign in the spaces provided.





1. I understand that martial arts can involve full contact fighting with punching, kicking, throwing, wrestling, chokes and arm locks. Participants may use their maximum physical ability while participating. Learning new techniques involves risk as the person, the movement and the use of force are unfamiliar. Risk is an unavoidable and necessary part of the sport. As a member, my child(ren) have the right to ask questions about any risk and to refuse to participate at any time. I fully understand and agree to assume these risks. In consideration of the privilege of using these facilities and receiving instructions I release from liability for accidents, damage, injury, or illness its owners, shareholders, employees, officers, independent contractors, and instructors.
2. I acknowledge that there may be other risks not known to me or not reasonably foreseeable at this time. These risks include, among other things: intense, stressful and strenuous exercises with body contact. I expressly consent my child(ren) to undertake these known and unknown dangers and further agree, understand and recognize that these risks may result in serious injury or illness including but not limited to: bodily harm, bruises, bloody noses, broken bones, sprains, dislocations, heart attacks or other cardiovascular disease, or other serious injury resulting in death and/ or property damage.
3. Acknowledge and fully understand that my child(ren) will be engaging in a contact sport/martial arts (Thai-Boxing/Boxing/Grappling/Wrestling/Judo//Martial Arts in General) that may result in serious injury, including permanent disability or death, and severe social and economic losses due to not only my own actions, inactions, or negligence, but also to the actions, inactions, or negligence of others, or conditions of the premises or of any equipment used.
4. Release, waive, discharge and covenant not to sue GrindStone Athletics, LLC, together with its affiliated clubs, their respective administrators, members, managers, directors, agents, coaches, Independent Contractors, and other employees or volunteers of the organization, event officials, medical personnel, other participants, their parents, guardians, supervisors and coaches, sponsoring agencies, sponsors, advertisers, and if applicable, owners, lessors, and lessees of premises used to conduct the event, all of whom are hereinafter referred to as "releasee", from any and all claims, demands, losses, or damages on account of injury, including permanent disability and death and damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasee or otherwise to the fullest extent permitted by law.
5. I fully understand that any medical treatment provided to my child(ren) as a response to injury will be of the first aid type only. I also fully understand that I am solely responsible for payment for any medical services performed as a result of my child(ren)'s injury.
6. All members are responsible for any personal property they bring to the facility.
7. All photos taken at Grindstone Athletics are liable, but necessarily, used for GrindStone Athletics promotional purposes. We comply with COPPA regulations for all children 13 years and under. We do not post minors' last names. We do not disclose information to third parties. If you do not want your child photographed, please mark in the space provided.***
8. This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release, as provided above, of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, even if arising from their negligence, to the fullest extent permitted by law. I have instructed the minor participant as to the above warnings and conditions and their ramifications.

Junior Athlete's Name:	
Printed Parent Name:	
Parent Signature:	
Date:	
***Media Release:	Please initial if you do NOT want your child photographed: _____



GrindStone Athletics - Junior Athlete Summer Camp

GrindStone Athletics is proud to offer Middle School Camps for Junior Athletes Ages 11-14. Our weeklong camp allows Junior Athletes to explore different types of martial arts, their history, and their unique practice. We concentrate on self-control, self-discipline, goal-setting, and athleticism. We encourage students of all ability levels to join us. Please visit our website for more information about specific forms of martial arts, our staff, and our goals.

Date:	<ul style="list-style-type: none"> ● June 15-19, 2020 (9:00AM-11:45AM) <p>This is a drop-off/pick-up camp. Parents and non-participating siblings may not stay at the facility during camp hours. Pick-up is at 11:45AM every day; Junior Athletes must have a ride to and from camp everyday. Parents may join us at 11:00 AM on Friday, June 19 for a brief Junior Athlete exhibition.</p>
Cost:	\$199.95 per week, per Junior Athlete
Program:	<p>Junior Athletes ages 11-14 will receive instruction from Coaches Tom Lenhart and Chase Walden in:</p> <ul style="list-style-type: none"> ● Muay Thai ● Boxing ● Basic Physical Preparedness ● Tae Kwon Do <p>We will provide basic equipment, one daily non-peanut snack, and GrindStone Athletics t-shirt. Junior athletes should wear comfortable, appropriate clothing, socks, and sneakers/tennis shoes to class. Junior Athletes should bring a refillable water bottle to each class. No shoes or socks will be worn on the mats at any time.</p>
Discount:	<ul style="list-style-type: none"> ★ 10% off if more than one child is enrolled per week. One time usage, per family per week. ★ 10% for junior OR adult monthly membership. One per household. ★ 10% for enrollment of two or more weeks. One per household. <p>*Discounts may not be combined.</p>
Contact:	<p>Tom Lenhart and Chase Walden - Owners/Operators 205 Pennsylvania Avenue Virginia Beach, Virginia 23462 757-351-1975 gsa@grindstoneathleticsvb.com www.grindstoneathleticsvb.com</p> <p>     @grindstoneathletics </p>