By registering your child(ren), as the parent/guardian, you agree to the following:

1. The participants will listen to and follow instructions from the coaches (Heralds).

2. Participants will refrain from cursing, using inappropriate speech, or using words which tear others down.

3. Participants will control their temper and practice self-control in word and action.

4. Participants will demonstrate good sportsmanship with the understanding that it is a privilege (not a right) to participate in Stronghold.

5. If a participant becomes sick during practice their parent/guardian will be contacted so that they can be taken home.

6. If a participant is sick, we ask that they do not attend the session.

7. Participants will need to bring their own packed lunch to eat during the 4:30 - 7:30. They should not have food which needs to be heated.

9. It is understood that if Push The Rock/Stronghold deems the class/location/circumstances are unsafe they have the right to cancel sessions/events/activities.

Date_____ Parent/Gguardian's Name_____

Parent/Guardian's Signature_____