

**RELEASE OF LIABILITY, WAIVER OF CLAIMS, INDEMNIFICATION,  
AND ARBITRATION AGREEMENT**

**Notice** – By signing this document you may be waiving certain legal rights, including the right to sue.

**Release and Waiver of Claims; Indemnification Agreement**

In consideration of being allowed to participate in programs and events (“Programs”) at Cool Sports (the “Facility”), the Participant, and the Participant’s parent(s) or legal guardian(s) if the Participant is a minor, do hereby agree, to the fullest extent permitted by law, as follows:

**TO WAIVE ALL CLAIMS** that they have or may have against the Facility arising out of the Participant’s participation in the Programs or the use of any equipment provided by the Facility (“Equipment”). The Participant and his/her Parents or legal guardian(s) specifically understand that they are releasing any and all claims that arise or may arise from any **negligent** acts or conduct of the Facility, its owners, affiliates, operators, employees, agents, and officers.

**TO ASSUME ALL RISKS** of participating in the Programs and using the Equipment, even those caused by the **negligent** acts or conduct of the Facility, its owners, affiliates, operators, employees, agents, and officers. The Participant and his/her Parents or legal guardian(s) understand that there are inherent risks of participating in the Programs and using the Equipment, which may be both foreseen and unforeseen and include serious physical injury and death;

**TO RELEASE** the Facility, its owners, affiliates, operators, employees, agents, and officers from all liability for any loss, damage, injury, death, or expense that the Participant (or his/her next of kin) may suffer, arising out of his/her participation in the Programs and use of the Equipment; and

**TO INDEMNIFY** the Facility, its owners, affiliates, operators, employees, agents, and/or officers, from all liability for any loss, damage, injury, death, or expense that the Participant (or his/her next of kin) may suffer, arising out of participation in Programs and use of the Equipment.

**Arbitration**

The Participant hereby agrees to submit any dispute arising from participation in the Programs to binding arbitration. For such disputes, there shall be a three-member arbitration panel, consisting of two party-appointed arbitrators (one arbitrator to be appointed by each party) and one neutral arbitrator (collectively, the “Panel”), to be chosen by the party-appointed arbitrators. In the event that the two party-appointed arbitrators are not able to agree on a third, neutral arbitrator, the neutral arbitrator shall be appointed by the United States District Court, for Eastern District of Tennessee, Sixth Circuit. Each party shall pay its own costs, including the costs associated with the party-appointed arbitrators, and the parties shall share equally the costs associated with the neutral arbitrator. The arbitration proceeding shall proceed in Knoxville, Tennessee, and shall be governed by the Federal Rules of Evidence. The Panel shall establish a reasonable and appropriate discovery schedule to expeditiously resolve this matter.

**The Participant understands that he/she is obligated to follow the rules of the Programs and that he/she can minimize his/her risk of injury through the exercise of common sense and by being aware of his/her surroundings.**

**If, while participating in the Programs, the Participant observes any unusual hazard, which he/she believes jeopardizes his/her personal safety or that of others, he/she will remove himself/herself from participation in the Programs and immediately bring said hazard to the attention of the Facility.**

**I HAVE READ AND UNDERSTAND THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I MAY BE WAIVING CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE.**

Parents or Guardians must also sign if the Participant is UNDER 18.

Participant’s Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_



110 South Watt Road  
Knoxville, TN 37934  
865-218-4500  
www.coolsportstn.com



*East Tennessee’s total Indoor Sports Destination*

## **Youth Lacrosse Program**



**110 South Watt Road  
Knoxville, TN 37934  
865-218-4500**

**www.coolsportstn.com**

# LACROSSE REC Program

AGES 8-13

## Cool Sports Youth Recreational Lacrosse Program

### What is lacrosse:

Lacrosse is a fast paced field sport played with “sticks” that have a net attached to them and a hard rubber ball. The game was originally played by the Native Americans. However, their game took place on fields miles long and could last for days. Women’s lacrosse is non-contact, and girls rely on speed and finesse. In men’s lacrosse contact is allowed and players wear helmets, pads, gloves, etc. to protect themselves. Lacrosse has been popular for years in other areas of the country and is growing rapidly in the South.

### What to Expect:

Participants can expect to have a lot of fun while learning to play a new sport. Part of the time will be used for instruction to learn basic skills and the rest will be spent playing games incorporating the lessons. Participants should expect to progress in their skills as the sessions go on.

### What to Bring:

Participants should come prepared with sneakers, water bottle, helmet with face mask, and a mouth guard. We encourage participants to have their own Lacrosse stick, but it is not necessary as Cool Sports does have beginner sticks.



110 South Watt Road  
Knoxville, TN 37934  
865-218-4500  
www.coolsportstn.com

Contact Nadia Kogeler for more details  
218-4500 ext 229  
nadiak@coolsportstn.com



Name: \_\_\_\_\_

Gender:           M                           F

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_ D.O.B: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

(please circle which Session & night applies/choose one of each)

**Winter Session 1:** 5:45pm-6:30pm- \$80  
January 10th—March 2nd  
Monday           or           Wednesday  
Registration Deadline– January 1st

**Spring Session 1:** 5:45pm-6:30pm-\$80  
March 7th—April 27th  
Monday           or           Wednesday  
Registration Deadline February 26th



We ask that parents are present during the program times.  
Thank you