



# Statement of Understanding

This Statement of Understanding will identify and inform you of the potential hazards that may be encountered by participants during the conditioning camps, practices, and games. This document will also identify the responsibilities of both parents and players and of the conduct required of both parents and players during all conditioning camps, practices, and games. Read, and if necessary, discuss this Statement of Understanding with a 5030 Sports Board Member. Your electronic signature and acknowledgment of this form will act a confirmation of your agreement and understanding of this form.

The activities that you will encounter and participate in during conditioning camps, practices, and games will be physically demanding. When done correctly, using proper techniques and equipment, these activities can be done safely. However, there are inherent dangers with this activity that may result in serious injury or even death. The potential hazards include, but are not limited to hypothermia, over-heating, mental stress, sprains, strains, broken bones, spinal and neck injuries, paralysis, joint injuries, bruises, muscle soreness, and other physical trauma or injuries.

5030 Sports and its' coaches, staff, board members, and other volunteers are very much aware of these hazards and plan to help minimize them, but you and your child must be aware that they cannot be totally avoided or eliminated. Players incurring any such injury or condition that would prevent them from participating in practices or games should see a doctor and must present a signed release from a physician prior to resuming any team related activity.

Participating in conditioning camps, practices, and games will involve very strenuous work, placing your child in not only physically, but mentally challenging situations. It is important that your child's general health, respiratory, and circulatory systems to be in good condition. If a participant's health condition changes for any reason during or after any conditioning camp, practice, or game activity, consult a doctor and advise the appropriate coach or 5030 Sports board member.

As a parent or guardian, you will learn, and help enforce, the Parent Code of Conduct and the Player Code of Conduct of 5030 Sports. You acknowledge your and your child's understanding that playing time is not guaranteed and will not be equal. Coaches have control of playing time which will be determined by attendance in practice, overall performance, effort, respect shown to Coaches – teammates – opponents – officials, as well as any other reasonable criteria set up by 5030 Sports and the individual teams' coaching staff. Each set of team coaches will be the sole judge of how they structure playing time. At 5030 Sports, development of players is largely emphasized through practice rather than through game play. If your child is concerned about his or her development and playing time, you will encourage your child to work directly with coaching staff as to these concerns and will require your child to self-advocate.

I have read this Statement of Understanding and as the responsible parent or guardian for this participant, I agree to the conditions and requirement as listed above.

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Player(s) Name

\_\_\_\_\_  
Relationship to Player(s)