Basketball Training Waiver & Release of Liability

For Participants in Personal Basketball Training Sessions Conducted by Derek Simmons in Minnesota

1. Activities Covered

I understand I will be participating in basketball training including:

- Skill development drills and exercises
- Shooting, dribbling, and footwork training
- Conditioning activities
- Practice games and scrimmages
- Performance feedback sessions

2. Risks & Assumption of Risk

I acknowledge basketball training involves inherent risks including:

- Physical injury from falls, collisions, or overexertion
- Potential exposure to weather conditions (for outdoor sessions)
- Muscle strains, sprains, and other sports-related injuries
- Risks associated with physical exertion

I voluntarily choose to participate and assume all risks associated with these activities.

3. Release of Liability

I hereby release Derek Simmons from all liability for any injury, illness, property damage or loss that may result from my participation in basketball training activities, whether caused by ordinary negligence or otherwise, except in cases of gross negligence or willful misconduct.

4. Medical Fitness & Authorization

- I certify I am physically fit to participate in basketball training
- I authorize basic first aid if needed
- I authorize emergency medical services if necessary
- I accept financial responsibility for any medical costs

5. Media Release (Optional)

I give permission for training sessions to be recorded for training feedback purposes only. These recordings will not be shared publicly without separate consent.

6. For Minor Participants

If the participant is under 18, the parent/guardian:

- Confirms the minor's fitness to participate
- Accepts all terms on the minor's behalf
- Assumes responsibility for the minor's compliance with trainer instructions

Participant Name (Printed): ____

Signature: ____ Date: ____

Parent/Guardian Name (if under 18): ____

Parent/Guardian Signature: ____ Date: ____

Emergency Contact: ____ Phone: __