

**INDEMNIFICATION AGREEMENT
WAIVER AND RELEASE OF ALL CLAIMS
PHYSICAL ACTIVITY WITH LORAS STUDENTS (P.A.L.S.)
APRIL 8-MAY 15, 2013**

Please read this form carefully and be aware that by participating in the Physical Activity with Loras Students on April 8-May 15, 2013 (hereinafter Event) you will be waiving and releasing all claims for injuries, as well as agreeing to indemnify, hold harmless and defend Loras College from all claims arising out of such injuries even if caused by Loras College.

I, on behalf of myself and, on behalf of any child/ward of mine participating in the Event as well as any parent/guardians of such child/ward (hereinafter individually and collectively referred to as Participant), acknowledge understanding of the requisite skills and qualifications necessary to properly and safely participate in the Event and hereby agree to assume the full risk of any injuries, including death, damages or loss regardless of severity, which Participant may sustain as a result of, arising out of, connected with, or in any way associated with the Event.

Participant agrees to waive and relinquish all claims Participant may have as a result of the Event against Loras College and its employees and agents and does hereby fully release and discharge Loras College and its employees and agents from any and all claims for injuries, including death, damage or loss which Participant may have or which may accrue to Participant as a result of, or arising out of, connected with or in any way associated with the Event, even if caused by the negligence of Loras College, its employees or agents.

Participant further agrees to INDEMNIFY AND HOLD HARMLESS AND DEFEND Loras College and its employees and agents from any and all claims for injuries, including death, damages and losses sustained by Participant as a result of, arising out of, connected with, or in any way associated with the Event, even if caused by the negligence of Loras College, its employees or agents..

Participant further understands that Loras College does not carry insurance for injuries sustained by Participant. Therefore, Participant must look to their own health insurance policy for any injuries sustained in connection with or arising out of this Event. Participant's failure to purchase health insurance coverage does not make Loras College responsible for payment of medical or other expenses.

If any provision herein is held invalid or unenforceable for any reason, Participant understands and agrees that the remaining provisions will continue in full force and effect.

PERMISSION TO SECURE TREATMENT

In the event of an emergency, Participant authorizes Loras College to secure any treatment deemed necessary from any licensed hospital, physician, and/or medical personnel and agrees to be responsible for payment of any and all services rendered.

Participant has read and fully understands this entire document and declares that all information supplied by Participant is accurate and current.

Participant's Name(s) (please print)

Address

Parent's or Guardian's Name (please print)

Relationship to Participant (If any Participant is a minor.)

Participant Signature(s)

Date

(Must be signed by Parent or Guardian if any Participant is a minor.)



1450 Alta Vista St. | Dubuque, IA 52001

P.A.L.S. Program
Apr. 8-May 15, 2013



LORAS COLLEGE



P.A.L.S.

(Physical Activity with Loras Students)

LORAS.EDU

The P.A.L.S. program is designed to provide opportunities for young children to participate in a quality movement program. Parents will be provided with information about how their child physically develops and ways to engage them in physically activity at home. Each class will be taught by faculty, staff and students from the Loras College Physical Education Teacher Education Program and the Teacher Education Program. Space is limited so please get your registration in as soon as possible.

Location

Loras College Graber Sports Center (off Cox Street)

Dates

Mondays and Wednesdays: April 8 – May 15

Cost

\$75 for the first child in each family
\$25 for each additional child from same household
***cost includes a P.A.L.S. t-shirt for each child*

Class Options

All classes will be held from 5:15 p.m.-6 p.m. At the beginning of each session the children will be divided into the following groups:

- DEWEY TOTS – 2-year olds (parent/child)**
- LIL’ DEWEYS – 3 - 4-year olds**
- DYNAMIC DEWEYS – 5-year olds**

Class Description

Children learn and develop through interacting with their environment. In each of these classes parents will be provided with information pertaining to the physical development of their child(ren) and how they can assist in promoting motor development. Participants will be involved in developmentally appropriate activities that will be enjoyable, fun and will assist them in gaining control of their bodies. Specifically, participants will work on developing stability (balancing), locomotion (run, gallop, skip, hop, long jump), and manipulation (throw, catch, kick, punt, strike) skills.

Director

Deb Sazama – Debra.Sazama@loras.edu

Deb is an assistant professor in the Division of Physical Education and Sport Studies and the Physical Education Teacher Education Program coordinator. Deb earned her bachelor and master of science degrees from the University of Wyoming in teaching health and physical education. She teaches a January-Term class titled “Preschoolers on the Move” which focuses on children’s physical development from birth to age five. Deb enjoys all sports and anything that allows her to be outdoors, but especially enjoys spending time with her family, including her daughter, Addison.

Student Directors

Ana Baldinger

Ana is a senior from Oak Park, Ill., and will graduate this spring with a major in psychology. She plans on attending graduate school for occupational therapy. During her time as a student at Loras, Ana has been an active part of the community, both on and off campus. She is a member of Psi Chi the international honor society in psychology, along with working as an intern at The Circles Initiative in Dubuque.

Brittney Kent

Brit is from Blanchardville, Wis., and is majoring in physical education teacher education. She is a senior and will student teach next year. Following graduation she hopes to pursue a teaching position or graduate degree. She has been an integral part of the success of the Loras College women’s basketball team.

Sarah Trump

Sarah is a junior from Flossmoor, Ill., and is majoring in social work and plans to attending graduate school after her time here at Loras. She is currently a member of the Duhawk soccer team that made it to the Sweet 16 this fall. Sarah was a member of the first P.A.L.S. teaching team and we welcome her back!

Questions?

Please feel free to contact Deb at the above e-mail address or call 563-513-1810.

P.A.L.S. (Physical Activity with Loras Students)

**PLEASE FILL OUT AND RETURN SIGNED WAIVER
AND RELEASE FORM ON BACK.**

Parent / Guardian Name

Address

City State Zip

Phone (including area code)

E-mail (required)

Select Class(es) by indicating number of child(ren) attending each class

___ **DEWEY TOTS** – 2-year olds

Name(s) of Participant(s)

___ **LIL’ DEWEYS** – 3 - 4-year olds

Name(s) of Participant(s)

___ **DYNAMIC DEWEYS** – 5-year olds

Name(s) of Participant(s)

T-shirts: Indicate number of each size needed

Child: ___ XS(2-4) ___ S(6-8) ___ M(10-12) ___ L(14-16)

Adult: ___ S ___ M ___ L ___ XL ___ XXL ___ XXXL

Insurance Company

Group or Policy #

TOTAL AMOUNT ENCLOSED: \$ _____

If there are any specific medical situations that should be known or activities that should be restricted, attach the information with this registration form or contact one of the P.A.L.S. Directors.

Please complete and sign both sides of form and mail with check made payable to P.A.L.S. to:

Loras College P.A.L.S.
Attn: Deb Sazama
Loras College Mail #148
1450 Alta Vista St.
Dubuque, IA 52001