

**STARRETT JUDO CLUB PRESENTS**  
**THE GREAT WORKOUT**  
**A NATIONAL TUNE-UP**

Date: Saturday, March 29, 2008  
Time: 10:00 a.m. – 2:00 p.m.  
Location: P.S. 346 Gymnasium  
1400 Pennsylvania Avenue  
Brooklyn, N.Y. 11239

Workout Director: Parnel Legros  
(914) 243-6259  
[Legrosports@aol.com](mailto:Legrosports@aol.com)

All ages – junior thru masters. There will be road work, plyometrics, drills, mat work and rounds of randori. You must present a valid USJF, USJI or USJA card.

**Come, check out the Starrett method!**  
**Bring: Running gear and a judo gi.**

Juniors attending without a parent must have a registration form completed with a release form signed to participate.

<b>Name:</b>	<b>Age:</b>	<b>Male:</b>	<b>Female:</b>
<b>Address:</b>			
<b>City:</b>	<b>State:</b>	<b>Zip:</b>	
<b>Club Name:</b>			
<b>USJF#</b>	<b>USJI #</b>	<b>USJA#</b>	

**Please Complete both sides**  
**Fee: \$30.00**  
**Please make check payable to Legrosports, Inc.**

**DIRECTIONS TO THE GREAT WORKOUT**

From Queens:  
Belt Parkway West (Verrazano bridge), Exit 14 (Pennsylvania Avenue).  
Turn left onto Pennsylvania Avenue.  
Turn left onto Twin Pines Drive.  
Turn left into the shopping center.

From Brooklyn:  
Belt Parkway East, Exit 14. Follow directions above.

From the North:  
95 South to Throgs Neck Bridge to Cross Island Parkway to Belt Parkway West. Follow directions above 'from Queens'.

From New Jersey via Verrazano Bridge:  
Staten Island Expressway to Verrazano Bridge to Belt Parkway East. Follow directions above 'from Queens'.

**WARNING! WAIVER AND RELEASE OF LIABILITY AND AGREEMENT TO PARTICIPATE**

In consideration of being permitted to participate in any way, including travel to and from, The 2008 Starrett Great Workout, and related events and activities of the United States Judo, Inc., United States Judo Federation, United States Judo Association, New York State Judo, Inc., Starrett City Associates, Starrett Community Relations, Legrosports, Inc., Starrett Judo Club, P.S. 346 and the Coach, I hereby:

1. Acknowledge that I am familiar with the sport of Judo and understand the rules governing the sport of Judo and the importance of following these rules.
2. Agree that prior to participating, I will inspect the mats, equipment, facilities, competition pools or divisions and the elimination or scoring system to be used, and if I believe anything is unsafe or beyond my capability, I will immediately advise my coach, supervisor and/or a tournament official of such condition(s) and refuse to participate.
3. Acknowledge and fully understand that I will be engaging in a contact sport that might result in serious injury, including permanent disability or death, and severe social and economic losses due not only to my own actions, inactions or negligence, but also to the action, inaction of negligence of others, the rules of the sport of Judo, or conditions of the premises or of any equipment used. Further, I acknowledge that there may be other risks not known to me or not reasonably foreseeable at this time.
4. Knowing the risks involved in the sport of Judo, I assume all such risks and accept personal responsibility for the damages following such injury, permanent disability or death.
5. Release, waive, discharge and covenant not to sue United States Judo, Inc., nor United States Judo Federation, United States Judo Association, New York State Judo, Inc., Starrett City Associates, Starrett Community Relations, Legrosports, Inc., Starrett Judo Club in Brooklyn, N.Y., P.S. 346 and the coach together with their affiliated clubs, their respective administrators, directors, agents, coaches, and other employees or volunteers of the organization, event officials, medical personnel, other participants, their parents, guardians, supervisors and coaches, sponsoring agencies, sponsors, advertisers, and if applicable, owners, lessors, and lessees of premises used in conducting the event, all of whom are hereinafter referred to as "releasee," from any and all claims, demands, losses, or damages on account of injury, including permanent disability and death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasee or otherwise to the fullest extent permitted by law.

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**I HAVE READ THE ABOVE WARNING , WAIVER AND RELEASE, UNDERSTAND THAT I GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND KNOWING THIS, SIGN IT VOLUNTARILY. I AGREE TO PARTICIPATE KNOWING THE RISKS AND CONDITIONS INVOLVED AND DO SO ENTIRELY OF MY OWN FREE WILL. I AFFIRM THAT I AM AT LEAST 18 YEARS OF AGE, OR IF I AM UNDER 18 YEARS OF AGE, I HAVE OBTAINED THE REQUIRED CONSENT OF MY PARENT/GUARDIAN AS EVIDENCED BY THEIR SIGNATURE BELOW.**

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Participant	Participants Signature	Date

**FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE  
(UNDER 18 AT TIME OF REGISTRATION)**

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release, as provided above, of all the Releasees, and , for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, even if arising from their negligence, to the fullest extent permitted by law. I have instructed the minor participant as to the above warning and conditions and their ramifications.

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Parent/Guardian	Parent/Guardian's Signature	Date