

WAIVER, RELEASE AND COVENANT NOT TO SUE

This document affects your legal rights; read it BEFORE signing. If you do not understand any part, we urge you to consult your attorney.

In consideration of the permission granted by the Releases (as defined below), to use the Center at Creekside (the "Center") and its Programs (as defined below), by signing this **Waiver, Release and**

Covenant Not to Sue, I _____, whose address is

_____, for myself, my spouse, my minor children, and my heirs, legal representatives, executors and assigns, hereby waive, release, and covenant not to sue the following persons and entities:

Cherry Creek South Metropolitan District No. 1
a quasi-municipal corporation and political subdivision of the State of Colorado

PCMS
7000 S. Yosemite Street, Suite #150
Englewood, CO 80112

and each of their officers, directors, employees, agents, representatives, consultants, lessees, subcontractors, successors and assigns (collectively, the "Releases") from any and all liability, claims, demands, actions, and causes of action whatsoever arising out of any physical or property damage, loss or injury while upon the premises of the Center (collectively "Programs"), whether such loss, damage, or injury results from the negligence of or any other tort committed by the Releases or from some other cause.

I understand and recognize that there are specific risks of physical or property damages, losses, injury or even death that may result from my participation or attendance at the Center or the Programs. I voluntarily assume the risks associated with such participation or attendance. This is effective immediately and shall survive the termination of my rights to use the Center and its Programs.

I, the undersigned, have read this **Waiver, Release and Covenant Not to Sue**, and understand all of its terms. I execute it voluntarily and with full knowledge of its significance.

IN WITNESS WHEREOF, I have signed this **Waiver, Release and Covenant Not to Sue** this

_____ day of _____, 2009 at Colorado

Print Name

Signature

WAIVER, RELEASE AND COVENANT NOT TO SUE

This document affects your legal rights; read it BEFORE signing. If you do not understand any part, we urge you to consult your attorney.

In consideration of the permission granted by the Releases (as defined below), to use the Anthology Recreation Center (the "Center") and its Programs (as defined below), by signing this **Waiver, Release and**

Covenant Not to Sue, I _____, whose address is

_____, for myself, my spouse, my minor children, and my heirs, legal representatives, executors and assigns, hereby waive, release, and covenant not to sue the following persons and entities:

Cherry Creek South Metropolitan District No. 2-11
a quasi-municipal corporation and political subdivision of the State of Colorado

SunMarke Community Association, Inc.
A Homeowners Association corporation of the State of Colorado

PCMS
7000 S. Yosemite Street, Suite #150
Englewood, CO 80112

and each of their officers, directors, employees, agents, representatives, consultants, lessees, subcontractors, successors and assigns (collectively, the "Releases") from any and all liability, claims, demands, actions, and causes of action whatsoever arising out of any physical or property damage, loss or injury while upon the premises of the Center (collectively "Programs"), whether such loss, damage, or injury results from the negligence of or any other tort committed by the Releases or from some other cause.

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IN WITNESS WHEREOF, I have signed this **Waiver, Release and Covenant Not to Sue** this

_____ day of _____, 2009 at Colorado

Print Name

Signature

Mountain Hi Swim League Parent, Coach and Swimmer Code of Conduct

Information, Policies and Procedures

Mountain Hi Swim League believes in the development of swimmers both athletically and individually. Mountain Hi Swim League will strive to instill and practice the values of what it takes to be a good sportsman. In order for us to achieve these goals, it will take a combination of coaches and parents to set good examples for the swimmers. Mountain Hi Swim League has established and will enforce the following conduct guidelines:

All Swimmers:

- Must refrain from addressing remarks, except when made as expressions in the spirit of friendship and or in good sportsmanship.
- Never use foul language or obscene gestures
- Should always applaud other team's performance and should always shake hands at the end of the race.
- Follow all rules of the hosting pool, including any item that could cause any chemical imbalance in the pool. i.e.: Jell-O
- Cooperate with the decision of the stroke judge, starter and meet referee.

All Coaches:

- Must require all swimmers to comply with above set conduct.
- Must refrain from addressing derogatory remarks to any coach, swimmer, stroke judge, parent, timer, starter, meet referee or any other volunteer.
- Use Proper protest procedures, By-law section VII
- Will never use foul language or obscene gestures
- Should always applaud the other team's performance.
- Follow rules of the hosting pool and stay in designated areas.
- Always keep things in prospective and remember, "It is for your swimmers".
- Adherence to By-Law, section VIII "C"

All Parents

- Must refrain from addressing derogatory remarks to any parent, coach, swimmer, stroke judge, timer, starter or meet referee or any other volunteer.
- Will never use foul language or obscene gestures.
- Should always applaud the other team's performance.
- Follow all rules of the hosting team pool.
- Respect the coach's decisions and abilities, except in the case where it may cause injury to the team or swimmer.
- Adherence to By-Law, section VIII "C"

Any infraction or inappropriate behavior will need to be submitted to the Board, at which time the Board will take the appropriate action.

Parent/Coach Signature

Date

Swimmer Signature

Date

Swimmer Signature

Date

2009 Stroh Ranch Dolphins Volunteer Policies

This form constitutes the Stroh Ranch Dolphins Volunteer Policies for the 2009 swim season. Thank you up front to our loyal volunteers from years past. We very much appreciate all of the selfless giving of your time. This league does not function without parent volunteers. It takes approximately 60 volunteers to run a home meet and 40 for an away meet, so everyone's help is imperative to make the team work!

In order to more fairly distribute the volunteering, we are requiring a volunteer deposit of \$75 per family due at the time of registration. You will receive your deposit back after 4 sessions of service have been fulfilled. A session is typically about half a meet or 2 hours. Volunteer time outside of meets, such as meet setup/teardown, ribbons and awards, concessions shopping, amongst others also count as sessions

For those families not willing or able to volunteer their time, the \$75 deposit will be forfeited to the team. It will be each family's responsibility to check in for assignments with the Volunteer Coordinator in order to get your sessions logged.

This year there will be a volunteer section on the meet entry forms. When you fill out the form to sign up your child to swim in a meet, you will also indicate your preferred volunteer positions for that meet. The volunteer coordinator will then assign parents to necessary positions and post that information several days in advance of a meet. We will make every effort to assign you to a position that you picked, but cannot guarantee you will always get the position that position.

We understand that some of us have little ones that make it difficult to volunteer during meets. This year we will have a volunteer kid sitting position available at each meet to allow parents to work a shift. We also understand that there are occasions when you will not be able to volunteer at all at a meet. This can be indicated on the meet entry form that week. There are a lot of opportunities to volunteer outside of meets that count as towards you sessions as well.

For those families not willing or able to volunteer their time, the \$75 deposit will be forfeited to the team. It will be each family's responsibility to check in for assignments with the Volunteer Coordinator in order to get your sessions logged.

(Please Print)

Parent Name(s): _____

Email Address: _____

Swimmer Name(s): _____

I, _____ agree to the above stated volunteer requirement. I understand that by signing below, I agree to forfeit my \$75 deposit if I do not fulfill the minimum 4 sessions of volunteer time.

Signature: _____ **Date:** _____