

**Coach Lewis' Spring Tri Camp (March 4-6, 2011)  
Application and Waiver**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_  
State: \_\_\_\_\_ ZIP: \_\_\_\_\_ Email: \_\_\_\_\_ Shirt Size \_\_\_\_\_  
Cell Phone number: \_\_\_\_\_  
Emergency Contact: \_\_\_\_\_ Emergency Phone: \_\_\_\_\_

Any existing medical conditions that would limit your activity: \_\_\_\_\_  
\_\_\_\_\_

**Waiver:**

I have full knowledge that participation in Coach Lewis' Tri Camp carries with it potential hazards and assume the risks (heat injuries, personal injuries, etc.) involved in participating in the activities of this training session and represent that I am physically fit and sufficiently trained to participate therein.

I consent to receive medical treatment, which may be deemed advisable in the event of injury, accident and/or illness during the training.

I acknowledge that I have sole responsibility for my personal possessions and equipment during the training.

In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me including my traveling to and from this event, Lewis Bennett, TriLewis Multi Training, TriLewis Multi Sport Club, their directors, officers, employees, volunteers, representatives, and agents, the even holders, event sponsors, event volunteers; (B) Indemnify and Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this event, whether cause by the negligence of releases or otherwise.

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

My check # \_\_\_\_\_ is attached in the amount of \$ 250/person

Make checks payable and mail to: Lewis Bennett  
1660 Gulf Boulevard, Suite 807  
Clearwater Beach, FL 33767