



SPORTS PLUS

In association with SAM Soccer



Fall 2018 Track, Field and Fitness Program

SPORTS PLUS is pleased to announce an expansion of its new program offering. In response to your requests, we will offer an innovative program that focuses on fitness and related training techniques and track and field events. The class is specifically designed for children between the ages of 5 and 21. It will provide a memorable, fun, and exciting program both for beginners and for those with prior experience.

SPORTS PLUS is a non-profit organization that offers a uniquely structured soccer program for verbal children able to follow simple directions with mild to moderate autistic spectrum disorders, ADD/ADHD and other developmental disabilities. The SPORTS PLUS programs are designed for children whose capabilities fit between existing mainstream soccer programs and adaptive soccer programs.

The classes have been specifically devised by experienced runners and trainers and will focus on a variety of elements. The classes will be lead by subject area experts and by veteran SPORTS PLUS staff members. Each class will begin with the whole group working on various speed, agility, plyometric, quickness and fitness drills. The goal of the drills is to improve body awareness, mechanics, performance and fitness levels. The classes will then be broken into small groups where we will learn and focus on a variety of track and field events. We will establish a base level in each event for each child and then track their individual improvement as the season progresses. The season will conclude with a mini-Olympics and medal ceremony. As always, this SPORTS PLUS program will feature unique skill development techniques, highly trained coaches, special education professionals, consistent encouragement and positive reinforcement. Fun, teamwork, social skills and sportsmanship are stressed at all classes. Participant to coach ratios are maintained at no higher than 3 to 1. Participation of typically developing siblings in each class is encouraged to allow siblings to play together and act as role models. The SPORTS PLUS model permits extra help or additional challenge to be provided as needed to participants with a wide variety of skills. The end result is a successful, rewarding and exciting physical and social experience for children and their families.

Class space is limited so you are encouraged to register immediately. If you have any questions or need more information you may contact the SPORTS PLUS program at [\(301\)452-3781](tel:3014523781) or by e-mail at info@playsportsplus.org.

LOCATION

Thanks to funding provided by a grant from The John & Maureen Hendricks Charitable Foundation, all sessions will be held at The Maryland SoccerPlex in Boyds, Maryland

Fall 2018 Schedule

<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Class #</u>
Sunday	1:00pm - 2:00pm	Sept 16– Oct 28	S1

No Classes on Oct 7th

Track and Field Fall 2018 * Registration Form & Consent/Liability Waiver

Mail to: Sports Plus Group, Inc., P.O. Box 83274, Gaithersburg, MD 20883

NO CLASSES ON OCTOBER 7th

***** Enrollment cannot be guaranteed due to limited space*****

Player's Name: _____

Birth Date (MM/DD/YY): _____ Age: _____ Gender: _____

Parent Name: _____ Parent Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Email (mandatory): _____

Child's General Diagnosis: _____

Additional info you would like to tell us about your child: _____

Payment: \$175 per child - All fees are non-refundable

Check: (Made payable to Sports Plus) Check Number: _____

Credit Card: MasterCard VISA (Circle one) Name on card _____

Card Number: _____ Expiration _____ Security code _____

Please note, if registering more than one child, please use a separate form for each.

*****If inclement weather forces the cancellation of any classes a single make-up class will be scheduled on November 4th*****

I wish to make an additional tax-deductible contribution to Sports Plus in the amount of: _____

Consent and Liability Waiver - Release of all claims (must be signed by parent or guardian)

I, _____ (parent/guardian), am the parent or legal guardian of _____ (minor child). As lawful consideration for my minor child being permitted to participate in this Sports Plus Program I agree that neither my minor child nor I will make a claim against, sue, attach the property of or prosecute Sports Plus, Discovery Sports Center, Maryland SoccerPlex and their agents, directors, contractors, officers, and employees for damages for death, personal injury or property damage which my minor child may sustain as a result of my child's participation in these sporting activities. This release is intended to discharge in advance Discovery Sports Center, Maryland SoccerPlex, Sports Plus and their agents, directors, contractors, officers, and employees from and against any and all liability, including for negligent actions, arising out of or connected in any way with my minor child's participation in this Sports Plus Program except for liability that may arise out of the willful or wanton misconduct of Discovery Sports Center, Maryland SoccerPlex, Sports Plus and their agents, directors, contractors, officers and employees. I FURTHER UNDERSTAND THAT SPORTS INVOLVE PHYSICAL CONTACT BETWEEN PLAYERS, THAT SERIOUS ACCIDENTS OCCASIONALLY OCCUR DURING SUCH SPORTING ACTIVITIES, AND THAT PARTICIPANTS IN SUCH SPORTING ACTIVITIES OCCASIONALLY SUSTAIN SERIOUS PERSONAL INJURIES (INCLUDING DEATH) AND/OR PROPERTY DAMAGE, AS A CONSEQUENCE THEREOF. KNOWING THE RISKS OF PARTICIPATION, NEVERTHELESS, I HEREBY AGREE THAT MY MINOR CHILD AND I ASSUME THOSE RISKS AND RELEASE AND HOLD HARMLESS DISCOVERY SPORTS CENTER, MARYLAND SOCCERPLEX, SPORTS PLUS AND THEIR AGENTS, CONTRACTORS, OFFICERS, DIRECTORS AND EMPLOYEES WHO (THROUGH NEGLIGENCE OR CARELESSNESS) MIGHT OTHERWISE BE LIABLE TO ME, MY MINOR CHILD (OR OUR HEIRS OR ASSIGNS) FOR DAMAGES.

I attest that I am eighteen (18) years old or older, and that my child is physically fit and has no known medical conditions which prohibit safe participation in this sport and is covered by health insurance. My child and I agree to follow all laws, rules and guidelines regulating the conduct of the Sports Plus program. I understand and agree that my child and I are responsible for the mechanical and/or operating condition of any and all sporting equipment provided by my child or by me for my child's use, and I agree that my child and I will continuously inspect and maintain all equipment used, even if we have obtained any of the equipment from Discovery Sports Center, Maryland SoccerPlex, their agents, directors, officers, contractors and/or employees. I agree that Sports Plus and the Maryland SoccerPlex and their agents, sponsors, contractors and employees may photograph or video my child during the Sports Plus Program and use my child's photograph or video in future promotions. I further agree to have an adult present and responsible for my child during Sports Plus class and that aggressive or disruptive behavior may be grounds for exclusion from the program at the sole discretion of Sports Plus.

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY FOR MYSELF AND MY CHILD AND A CONTRACT BETWEEN MYSELF, MY CHILD AND SPORTS PLUS, DISCOVERY SPORTS CENTER, MARYLAND SOCCERPLEX AND THEIR AGENTS, CONTRACTORS, OFFICERS, DIRECTORS AND EMPLOYEES, AND I HAVE SIGNED IT OF MY OWN FREE WILL.

Signature: _____ **Print Name:** _____ **Date:** _____

