



## North Ridge School presents F.A.S.T. Athletics Super-Sports Program

Get up, get going, and get active with F.A.S.T. Athletics Super Sports Program. F.A.S.T. Athletics will offer a variety of sports and games each week such as: Soccer, Baseball, Capture the Flag, Basketball, Relay Races, Gagaball, Dodgeball and Kickball. Programs will include warm-up games as well as learning basic skills of each sport.

■ **NEW 5 week Super-Sports Session – GRADE K Only Dates:  
Tuesday April 16, 30, May 7, 14, 21  
Pick up time is 4:25 from the school main entrance Price: \$85.00**

■ **NEW 5 week Super-Sports Session – GRADE 1 Only  
Dates: Wednesday April 17, May 1, 8, 15, and 22  
Pick up time is 4:25 from the school main entrance. Price: \$85.00**

■ **NEW 5 week Super-Sports Session – GRADE 2 Only Dates:  
Thursday April 18, May 2, 9, 16, and 23  
Pick up time is 4:25 from the school main entrance. Price: \$85.00**

**(If your son or daughter has Asthma, please make sure they have an inhaler)**

\*Should your child require any accommodations or assistance while participating in FAST athletics please contact: [fastnorthridge@gmail.com](mailto:fastnorthridge@gmail.com).\*

**Consent and Release Form (by purchasing admission to the session you are agreeing to the following):**

My son/Daughter is in good health and has my full permission to participate in the F.A.S.T. Athletics Programs. He/she has no previous illness or bodily injury that is contradictory to participation. In the event I cannot be reached, I hereby authorize emergency or other medical treatment for my child that may be deemed necessary. I, the undersigned, individually and as the parent or guardian of the below minor, ask that he/she be admitted to participate in the F.A.S.T. Athletics Program. In consideration of such admission, I do hereby release, discharge, and hold harmless F.A.S.T. Athletics, its officers, agents, coaches, of and from all causes, liabilities, damages, claims, or demands whatsoever on account of injury or accident involving said minor arising out of the minor's attendance at the F.A.S.T. Athletics program or in the course of competition and/or activities in connection with the program. Participation includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and, I knowing and freely assume all such risks.

Kindergarten:

1<sup>st</sup> Grade:

2<sup>nd</sup> Grade:

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