

# **Stewartville Tigers Trap Team Handbook**



***SHOOTING SPORTS FOR  
HIGH SCHOOL ATHLETES***



# Table of Contents

Team/League Mission Statement.....	3
District/School Weapons Policy.....	3
Standards of Behavior/Code of Conduct .....	4
Complaint Policy.....	5
Club/Team Safety Rules.....	6
Practice & Competition Procedures.....	12
Terminology & Safety Tips.....	13
Uniforms/Equipment.....	15
Academic Eligibility/Lettering Policy/Team Awards .....	17
Fundraising and Volunteering.....	18
Coaching Staff/Contact Information.....	19
Mandatory Liability Waiver to Participate .....	20



## **STEWARTVILLE TIGERS TRAP TEAM (STTT) MISSION STATEMENT**

- To emphasize the positive influence shooting sports can have in an individual's life. We do this by providing a Safe, Comfortable, Positive Environment that Enhances the participants Self-Concept, Character and Personal Growth through Safe, Educational and Socially Acceptable involvement in the shooting sports. This will be accomplished while promoting the Highest Standards of Safety, Sportsmanship, Teamwork and Ethical Behavior.

## **DISTRICT 534/SCHOOL WEAPONS POLICY**

- As a student of Stewartville High School, you should be aware of the School District 534 Weapons Policy as follows:
  - No student or nonstudent shall possess, use or distribute a weapon before, during, or after school hours in any school district location or during any school sponsored event.
  - The school district will act to enforce this policy and to discipline or take appropriate action against any student, teacher, administrator, school employee, volunteer, or member of the public who violates this policy.
- As a member of the STTT, the District Weapons Policy still applies to you. For definition purposes, equipment is defined as a shotgun, gun case, and/or ammunition (full or empty boxes or shell casings).
- Under **no circumstances** should a student athlete bring their equipment to school in their vehicle, or plan to leave directly from school to go to the range. This would be a strict violation of the District's Weapons Policy, for which you should expect to be punished to the fullest extent.
- In a situation where the student accidentally leaves equipment in their vehicle, when realized, they must self-report and immediately inform School Administration and the appropriate steps will be taken.
- As a member of the STTT, our position is not to debate policy; we must strictly adhere to this policy, as there are no exceptions nor are there any protections guaranteed. If you have any questions on this issue, please feel free to speak with one of the coaching staff and/or the athletic director.



## STANDARDS OF BEHAVIOR/CODE OF CONDUCT

As a member of the STTT you understand that you have been given a unique privilege to participate in this High School Sport.

- You will promise to follow all of the rules as outlined by the State High School Trap League and those that the Team, School and District have adopted.
- You will be respectful of all your fellow team members and coaching staff at all times and represent the school with pride and integrity whenever I am participating in a High School Trap League event or activity.
- You are required to purchase, maintain and wear the assigned Team's uniform anytime that you are competing with the team or while attending any Team and League events unless otherwise directed by the Team's leadership.
- **Athletes and Parents** will respect their Coaches and follow their direction. Athletes and Parents understand that they need to follow this direction especially during our League events at all times for Safety reasons to protect all Athletes, Coaches, Volunteers and Spectators.
- I promise to make Safety the Number One Priority whenever I am handling a firearm.
- I will not bring any firearms or ammunition on any school property.
- Courtesy and Sportsmanship go hand in hand with safety to create a safe and fun environment. They also portray our sport in the best possible light within our school and the greater community. There will be a strong emphasis on the value of team unity, sportsmanship, and hard work. Every team member will have an important role to play. A critical part of being a good team is everyone knowing their role, and performing it to the best of their ability. Trap Shooting is a fun sporting competition that is an once-in-a-lifetime experience which we hope you enjoy and take with you well into your future as adults.
- Along with the safety rules the following conduct and sportsmanship rules will be strictly enforced:
  1. Blatant violations of safety rules, discourteous behavior including heckling, bullying, trash talking, temper tantrums or disobedience of directions from coaching staff will result in immediate removal from the trap range and possibly club grounds, with further disciplinary actions at the discretion of the Head Coach.
  2. A second violation will result in expulsion from the team and forfeiture of shooting fees paid. This will be at the discretion of the Head Coach, whose decision will be final.



3. The Minnesota State High School Clay Target League (MSHSCTL) has specific rules regarding appropriate attire and conduct as well. You are expected to abide by the Leagues Policies and Procedures. To review more information can be found at the leagues website: [www.mnclaytarget.com](http://www.mnclaytarget.com)
- Any misuse or violation of these rules could result in suspension of your shooting privileges with the team and possible permanent removal from the team's roster.

### **COMPLAINT POLICY**

- If at any time you feel a complaint needs to be made, please contact one of the coaches. We want to ensure that the needs and safety of the athletes are met. If you feel you cannot approach a coach, please contact the Athletic Director. If for some reason the issue cannot be resolved, please contact the school principal.



## **TEAM SAFETY RULES**

### **Traveling To and From the Range:**

- Reminder – you are not to bring your equipment to school, you are to go home after school to pick up your equipment and transport your firearms directly from home and back to home after competing.
- Drive to the range with respect for others. Don't speed and don't rush.
- Once in the range parking lot, drive slowly and watch carefully.
- Range parking lots are generally gravel or dirt. Don't spin out or throw gravel.
- Respect the vehicles and other personal equipment. Immediately report any damage.
- Keep a positive attitude when arriving and leaving from practices or competition events.
- Range shooting hours are posted and must be followed to the minute. Area homeowners and ranges have an agreement on time. Be aware of the time, you may not be allowed to finish your round if range hours expire.

### **Proper Range Behavior**

- **No electronic devices** are allowed on the firing line.
- Alcoholic beverages are strictly prohibited before, during shooting or on the grounds.
- Do not eat, drink or have food when on the firing line.
- This is an adult activity; act accordingly as we have trusted you to do so.

### **Firearm Safety**

- Always keep the firearm pointed in a safe direction. Never at another person or building.
- Always keep your finger out of the trigger guard area until your firearm is shouldered and set.
- Always keep the firearm unloaded until ready to shoot on the firing line.
- Respect Range Safety Officers. Immediately respond to cease fire or other commands.
- Do not handle, play with, or aim another person's firearm without the safety officer's consent.



- It is highly suggested that you clean your firearm after every day of shooting. A clean firearm is one that will work as expected every time you need it. Dirty or clogged firearms are dangerous.
- Each person is responsible for personal equipment and items. All of your equipment should be within reach or visible when you are on the range. Keep unused items in your locked vehicle.

### **Safe Gun Handling Range Instructions**

- Be sure the firearm is safe to operate at all times. Never load or fire an unsafe firearm.
- Know how to use your firearm safely. Remember your firearm training classes.
- Upon arriving at the club, athletes are keep their firearm in the case until they are ready to place it on the rack.
- All guns are to remain on the rack until it is the athlete's time to shoot or unless directed specifically by the coach.
- All muzzle direction rules apply when moving from the gun storage rack to a specific trap or from post to post.
- Know your target and what is beyond it.
- Immediately after shooting a round an athlete's gun should either be placed back onto the gun rack or cased and returned to the athlete's vehicle. If this info is unclear for any reason then follow this clear message – If you are not shooting your gun, it should be on the rack...**NO EXCEPTIONS!**
- No resting the barrel of your firearm on your foot or on any other solid surface. Footpads of any type are not permitted while on this team.
- All firearms must have an open action when walking around the range.
- Range safety starts with you. If you see a safety concern, bring it to the Range Safety Officer or coach.
- All range-specific rules are posted at each range; make sure you have read them. You can be banned from any range for violating their posted rules.
- If you think there may be a range safety issue but are not sure, always bring it up to the Range Safety Officer or a coach as soon as possible. They care and want to know.



## **Safe Shooting Lines**

- Do not touch others or their firearm when on the shooting line.
- Be respectful and quiet. Do not distract others on the shooting line.
- Only coaches will be allowed to instruct students on the shooting line.
- **Anyone** on the range can **Call for a Cease Fire** if a safety issue is discovered.
- The Range Safety Officer looks for hazards and will make random spot checks. You must comply.
- The first shooter on the shooting line can shoot only with official permission. (Official permissions is given from the Scorer, Range Safety Officer or Coach)
- Shooters must not have a shell chambered when moving to the next station. (If a mistake is made, stop, point the firearm down range and take out the shot shell)
- Only chamber a shell when you are at the proper station and close when time to shoot.
- Trap singles allows only **one** shell in your firearm at any given time.
- Do not shoot when anyone else is shooting on the shooting line. Only during your turn.
- Once you pull the trigger, you cannot stop the shot – take your time and be sure of your target.

## **Muzzle Direction**

- It will be standard practice that all muzzles be pointed in a safe direction down range while in the possession of an athlete or adult when walking to or from the trap range, and when walking from one post to the next, or while waiting for a turn to shoot.
- Athletes using “Pump” action and “Automatics” should have the actions open and muzzles pointed upwards. Athletes using “Break” actions must have the action open with the muzzle pointing down.
- All coaches and adult volunteers have the responsibility to keep the range safe at all times and therefore should take it upon themselves to speak respectfully with any athlete from any school if they see a violation of this rule.



## **Two Strike Safety Rule**

- Safety is no joke and is taken seriously, especially in shooting sports. A Two Strike Rule will be applied for any student who is found to be in violation of the rules above.
  - **Strike One.** Upon a first safety violation, the student will be sent home immediately and it will be the coaches' responsibility to call the parents of the athlete and address the concerns before the athlete can return to the team.
  - **Strike Two.** If a second safety violation, the student will be removed from the team and will not be able to appeal a return. No refund of any type will be provided to a student removed from the team based on a second safety violation.

## **Weather Safety**

- Trap is an outdoor sport. We will be occasionally shooting in the wind, rain or snow. We will stop for low visibility, lightning or hail. Dress accordingly for the weather.
- Every shot is an opportunity to focus, apply your coaching, learn and execute well. Don't focus on the weather, only on your current shot when on the shooting line. Be aware and adjust to how wind and other weather aspects can affect your performance. Be safe and stay accurate.

## **Proper Hygiene**

- Be presentable with a clean uniform and proper attire.
- Don't put food or drink into your shooting vest or shell bag.
- Wash your hands after shooting with cold water.
- Wash your hands after handling any ammunition.
- Wash your hands after cleaning your firearm.
- Washing your clothes directly after shooting is highly recommended.
- Remember that lead is present in this sport and it is a known health hazard.



## **STTT RULES- MSHSCTL TRAP SHOOTING**

THE FOLLOWING RULES ARE TO BE FOLLOWED BY ALL MINNESOTA STATE HIGH SCHOOL CLAY TARGET LEAGUE (MSHSCTL) STUDENT TRAP SHOOTERS, COACHES AND VOLUNTEERS WHILE SHOOTING AT THE STEWARTVILLE SPORTSMAN'S CLUB.

- ABSOLUTELY NO ALCOHOLIC BEVERAGES ARE ALLOWED TO BE BROUGHT ON TO, OR CONSUMED ON, THE CLUB PROPERTY. THE CLUB DOES NOT PROVIDE OR SELL ANY ALCOHOLIC BEVERAGES.
- EAR AND EAR PROTECTION MUST BE WORN AT ALL TIMES WHILE ON THE TRAP SHOOTING FIELDS.
- THE MAXIMUM SHOTGUN SHELL LOAD IS 3 DRAMS EQUIVALENT POWDER WITH NO SHOT LARGER THAN 7 ½ FOR TRAP SHOOTING OR PATTERNING.
- THE MUZZLE OF YOUR SHOTGUN MUST BE POINTED IN A SAFE DIRECTION AT ALL TIMES.
- ONLY ONE SHOTGUN SHELL IS ALLOWED IN YOUR SHOTGUN AT ANY TIME. IT IS NOT ALLOWED TO WALK FROM STATION TO STATION WITH A SHELL IN THE CHAMBER WITH THE BREACH OR ACTION OPEN OR CLOSED.
- THE BREACH OR ACTION OF YOUR SHOTGUN MUST BE OPEN AT ALL TIMES AND CLOSED ONLY WHEN YOU ARE AT YOUR PROPER STATION AND READY TO SHOOT.
- CELL PHONE USAGE IS NOT ALLOWED WHILE ON THE TRAP SHOOTING FIELDS.
- ONLY MSHSCTL COACHES AND ADULT VOLUNTEERS AND STEWARTVILLE SPORTSMAN'S CLUB PERSONNEL ARE ALLOWED TO LOAD THE PAT TRAP TURRETS AND LOAD BOXES OF CLAY TARGETS IN THE TRAP HOUSES.
- ONLY THE HEAD COACH IS ALLOWED TO CHECK, MODIFY OR REPAIR THE PAT TRAPS IN THE EVENT THERE IS A MALFUNCTION OR OTHER TYPE OF MACHINE ISSUE. MSHSCTL COACHES AND ADULT VOLUNTEERS ARE ALLOWED TO MAKE PAT TRAP ELEVATION ADJUSTMENTS WHEN NEEDED.
- ALL OBSERVERS, EXCEPT FOR MSHSCTL COACHES AND ADULT VOLUNTEERS AND STEWARTVILLE SPORTSMAN'S CLUB PERSONNEL, MUST STAY BEHIND THE TRAP FIELDS RANGE FENCE AT ALL TIMES.



## **STTT RULES - MSHSCTL TRAP SHOOTING (CONT.)**

- IF THERE IS A SHOOTING DELAY OR AN INTERRUPTION DURING A ROUND, ALL SHOOTERS ON THE FIRING LINE MUST EXTRACT THEIR SHELLS UNTIL THE DELAY OR INTERRUPTION IS RESOLVED AND SHOOTING IS RESUMED.
- EMPTY HULLS ARE NOT TO BE PICKED UP WHILE ON THE FIRING LINE DURING A ROUND. THE EMPTY HULLS MUST BE PICKED UP AT THE END OF THE ROUND - AFTER ALL GUNS HAVE BEEN CLEARED.
- STTT COACHES WILL BE RANGE SAFETY OFFICERS DURING MSHSCTL SHOOTING SESSIONS. THEY RESERVE THE RIGHT TO DISMISS ANY INDIVIDUAL FROM THE SHOOTING RANGE FOR ANY UNSAFE ACTION(S) OR RULE VIOLATION(S).
- ALL STEWARTVILLE SPORTSMAN'S CLUB MEMBER AND RANGE SAFETY OFFICER COMMUNICATIONS WITH MSHSCTL ATHLETES WILL BE COMMUNICATED THROUGH THE COACHING STAFF. COMMUNICATIONS REGARDING SAFETY VIOLATIONS CAN BE COMMUNICATED DIRECTLY TO THE ATHLETES.
- RANGE SAFETY OFFICERS HAVE THE DISCRETION TO DELAY OR CANCEL AN MSHSCTL SHOOTING SESSION IF IT IS DEEMED THAT LIGHTNING OR ANY OTHER UNSAFE WEATHER CONDITION POSES A THREAT TO THE SHOOTERS.



## **PRACTICE/COMPETITION PROCEDURES**

### **Upon arrival at the gun club:**

- Report to the Head Coach/Assistant Coaches for assignment. He will attempt to squad shooters by experience level, however this may not always be possible, especially early in the season when daylight is limited. It is important we don't waste time by shooting short squads so everyone can get their rounds in with good light.
- The Coaches will indicate how soon your squad will be called to the trap line. If your squad is on deck, make sure you and your squad mates are ready to take the field as soon as the previous squad finishes the round.
- A squad will consist of up to 5 shooters, shooting positions 1 – 5. The Shooter on post 1 is designated as squad leader. The Head Coach will determine when the squad, scorer and coaches are ready to begin.
- After all shooters have shot 5 times at their first station, the scorer will call for a station change and read the scores for the post just completed. Shooters will then move one station to the right. The position 5 shooter assumes position 1. When doing this he/she will turn to the right and walk parallel to the trap line behind the other squad members. **AT STATION CHANGES ALL SHOOTERS WILL FOLLOW SAFETY RULE –** The shooter in the #1 field position will indicate to Squad Leader he/she is ready to proceed.
- The squad leader (now on post 2) will check the rest of the squad and if all are ready will resume the round.
- The squad leader always starts the next set. The shooting order (1 – 5) remains the same throughout the round. At the end of the round the scorer will release the squad from the trap line. The shooters will either get another box of shells for the next round or rack their guns with action open. At the end of the round shooters will case their guns with the action open and at the Coaches direction pick up the empty hulls for disposal.
- As time allows team members may be able to shoot additional practice after team league rounds are completed. See a coach for details.

**If you don't understand a rule or procedure ask a coach.**



## TERMINOLOGY & SAFETY TIPS

### Terminology:

The following terms will be used during practice and competition. Please learn & familiarize yourself with these terms.

- **Coach:** Trained and experienced person who can help you learn the game and develop skills.
- **Range Safety Officer:** Supervises shooting activities as prescribed by the range Standard Operating Procedures.
- **Spectator Area:** The area on or behind the sidewalk in the shooting areas of trap ranges designated for observers of shooting sports. The Spectator Area or other safe areas are where all students not on the shooting line are to remain.
- **Ready Area:** A table and firearm rack may be available to get shells and safety gear prepared.
- **Trap House:** The structure from which clay targets are launched for trap.
  - This will be maintained and refilled by **range operators** only.
  - A Cone may be placed on top to signal refill in progress. Back off to ready area while the trap machine is being refilled every 2 or 3 rounds.
- **Cease Fire:** Stop shooting immediately upon the command. Keep muzzle down range and wait for further instructions.
- **Firing Line:** A concrete pad on which the shooter stands during their turn. Do not step ahead of the 16 yard concrete pad. The trap range may be in use at the adjoining field. This is a safe practice with others on the firing line.
- **Hang Fire:** When a shell does not fire after pulling the trigger. Keep firearm pointed down range. Be prepared, the shell may fire anytime in the next 30 seconds. Call for help immediately. Don't turn around and keep the firearm under control; it may still fire. If this happens to you, **stay calm and have your barrel inspected by a Coach or Range Safety Officer.**
- **Squib/Misfire Load:** When there is less than normal pressure after ignition. The shot and the shot cup may not have exited the barrel. You may notice an off or odd sound and a lesser recoil against your shoulder. If this happens to you, **stay calm, stop firing and have your barrel inspected by a Coach or Range Safety Officer.**



- **Pull:** A command you say to have the clay launched, either by a voice activated unit or a person pushing a button. Don't be shy when calling for the pull.
- **Clean Range Grounds:** The STTT will pick up empties when firearms are placed on the rack and range cleared. Wait for OK by the Coach and/or the Range Safety Officer.

### **SAFETY TIPS**

Here is a simple list of tips and ideas to help the student athletes consider safety as a foundation of shooting sports. We would like each student to remember to **ALWAYS, ALWAYS...**

1. Keep your firearm pointed in a safe direction.
2. Keep your finger OFF the trigger guard area until ready to shoot.
3. Keep your firearm unloaded until ready to use.
4. Keep action of the gun open until you are ready to shoot.
5. Use eye and ear protection.
6. Use a vest or shell bag.
7. Be sure your firearm is clean and safe to operate.
8. Be familiar with your firearm and know how to use it safely.
9. Know the range rules and range shooting hours.

**NEVER BRING A GUN OR AMMUNITION TO SCHOOL OR ON SCHOOL GROUNDS**



## UNIFORMS & EQUIPMENT

### Uniforms

- MSHSCT League rules prohibit the following:
  - Clothing that exposes any part of the torso such as; cut-off t-shirts, halter tops, tank tops.
  - Short shorts, low riding shorts or pants revealing undergarments or buttocks.
  - Proper footwear must be worn at all times and have a closed toe. No sandals, crocs, or flip flops.
  - Any clothing with any type of designs, messages, etc... that have direct or indirect references to alcohol, tobacco, sex or sexual connotations, drugs, gambling or profanities.
- It is recommended the Athlete's jersey must be worn at all team competitions and other Club & League events unless otherwise directed by the coaching staff or you will not be allowed to compete.
- Uniforms will be worn over extra shirts when needed to stay warm. Jackets as needed will be permissible.
- Anyone not appropriately dressed while competing will be sent home to get your jersey and return when you have it.

### Safety Equipment

- **Safety Glasses (Shooting Glasses):** Shell casings fly during shooting sports. Protect your eyes but not just your favorite sunglasses. Don't use common glasses. Wrap around for full coverage is a plus. Must be shatter resistant.
- **Ear Protection:** Foam plugs are the cheapest and work very well. Ear muffs or headphone style can sometimes get in the way, but work extremely well to protect your hearing. Hearing protection is required, but the exact type is optional.
- **Shooting Vest (or hip shell bag):** – You will be firing at least 25 shells every round. Accessing your shells safely and without thought is important while on the firing line.
- **Shotgun:** A clean, well maintained working shotgun with a case to keep it in or for transport. Your firearm is not a toy,



- **Ammunition (shells):** Proper ammunition is a must. Only size 2  $\frac{3}{4}$ , 7  $\frac{1}{2}$ , 8 and 9 shot shells are allowed.
- **Positive Attitude:** The first safe thing you can do is bring your positive attitude while shooting.

**Always ask a Coach or Range Safety Officer before using different or unexpected equipment on the range.**



## **ACADEMIC ELIGIBILITY & LETTERING REQUIREMENTS**

### **Academic Eligibility**

The Minnesota State High School League policy states that to be eligible for participation in MSHSL activities, one must be making satisfactory progress (D or better) towards graduation. Our goal is to develop the total student in all of our programs. This requirement will improve our students and give much needed credibility to our programs.

### **Lettering Requirements**

To earn a Varsity letter the student must have a season average of 19 or higher.

## **FUNDRAISING AND VOLUNTEERING**

The Stewartville Tiger Trap Team (STTT) is an organization that operates solely on donations and community support. It is the STTT's goal to keep the registration fee as low as possible to facilitate an equal opportunity for participation. Registration fees are collected to offset expenses for ammunition, clay targets, school and league registration fees. Proceeds from fundraising, community events and other donations are used to offset other expenses. These events are vital to the success of our program.

A required volunteer deposit in the amount of \$50.00 is due at registration night for the Spring season. This is a separate payment from the registration fees. Each shooter (or parent/guardian) is required to volunteer for one event throughout the calendar year. This deposit check will be cashed if the volunteer commitment is not fulfilled.

In lieu of volunteering, shooters may also participate in an MNYSSF/ MidwayUSA Foundation shooting event. These events are big fundraising potential for our team; typically bringing in around \$200 per shooter.

It is your responsibility to sign-up and attend the event to ensure your time is counted. Volunteer opportunities will be announced via monthly meetings, email and the STTT Facebook page. If you are not interested in participating, a flat \$50 volunteer payment can be made to STTT to cover your volunteer time.

### Examples of Volunteering Opportunities:

Pizza Ranch Tip Night

Stewartville Sportsman's Club Summerfest food stand

Stewartville Sportsman's Club Spring Creek Motocross food stand

Tri-County Pheasants Forever Somerby Golf Tournament

Stewartville Sportsman's Club Wild Game feed

Pheasants & Habitat Unlimited Banquet

National Wild Turkey Federation- Long Spurs Banquet

Ducks Unlimited Annual Banquet

Ducks Unlimited Annual Christmas Party



## COACHING STAFF/CONTACT INFORMATION

### Head Coach

#### **John Russell**

MSHSCTL CLASS Certified Coach  
NRA Range Safety Officer  
DNR Firearm Safety Instructor  
507-316-3205  
jgrifleman@yahoo.com

### Coaches

Tom Lofgren  
Bryan Malone  
Ronn Carlson- MSHSCTL CLASS Certified Coach  
Corey Boelman  
Marti Oeltjen  
Jon Root- NRA Level 1 Coach  
Joe Bauman  
Mark Hill  
Ray Babcock  
Tim Argo- MSHSCTL CLASS Certified Coach  
Dave Bierly  
Nate Nagel- NRA Level 1 Coach  
Frank Harreld- NRA Level 1 Coach  
Darrin McCollough



## **MANDATORY LIABILITY WAIVER TO PARTICIPATE**

### **MEMBER AGREEMENT**

As a member of the Stewartville Tigers Trap Team you are required to comply with all State and Federal Laws regarding Firearms Ownership, Possession and Transportation. Team members are also required to know the District, School, Gun Club and Team rules and agree to abide by them.

### **WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT: Stewartville Tigers Trap Team**

To be signed by parent or legal guardian of Stewartville Tigers Trap Team member if student athlete is under 18 years of age.

1. In consideration for receiving permission to participate in the activities of the Stewartville Tigers Trap Team (STTT), I hereby release, waive, discharge and indemnify the Club's Team, Stewartville Sportsman's Club and its members or agents ("Releasees") from any and all liability, claims, demands, actions and causes of action whatsoever arising out of or related to any loss, damage, injury, or death that may be sustained by me while participating in any Club's Team activities, whether caused by the negligence of the Releasees or otherwise.
2. I am fully aware of the risks involved and hazards connected with the Club's Team activities, including the risk of injury or death. I (or my minor child) elect to voluntarily participate in these activities with full knowledge that they may be hazardous. I voluntarily assume the risk of loss, property damage, personal injury, and/or death that may be sustained by me or my heirs and assigns as a result of my (or my minor child) engaging in such activities, whether caused by the negligence of Releasees or otherwise.
3. I further hereby agree to indemnify, defend and hold harmless the Releasees from any loss, liability, damage or costs, including court costs and attorney fees, that they may incur due to my (or my minor child) participating the Club's Team activities, whether caused by the contributory negligence of Releasees or otherwise.
4. I understand that the Club's Team does not maintain insurance policy covering liability arising from my (or my minor child's) participation in the activities. I am aware that I should review my own personal insurance coverage as no such losses or liability will be covered by any insurance maintained by the team.



5. I understand that this Waiver of Liability and Hold Harmless Agreement binds the members of my family and spouse if I am alive, and my heirs, or personal representative if I am deceased and shall be deemed as a release, waiver, discharge and covenant not to sue the above-named Releasees and as an agreement to indemnify, defend and hold the Club's Team harmless against any claims. This Agreement shall be construed in accordance with the laws of the State of Minnesota.
6. In signing this release, I acknowledge and represent that I have read the foregoing Waiver of Liability and Hold Harmless Agreement, understand it and sign it voluntarily as my own free act and deed; no oral representative, statements, or inducements, apart from the foregoing written agreement, have been made; I am at least eighteen (18) years of age and fully competent; and I execute this release for full, adequate and complete consideration fully intending to be bound by it.
7. This Waiver of Liability and Hold Harmless Agreement shall remain in effect into perpetuity.

ATHLETE NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT/GUARDIAN NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_