



## MEDICAL RELEASE

Softball is an exciting sport that often involves forceful contact with the ground, other players, or the ball. It is often played during hot and humid seasons. Because of these conditions inherent to the sport, participating in softball exposes the athlete to many injury risks. Those injuries include, but are not limited to; life threatening injuries, paralysis due to serious neck and back injuries, brain damage, damage to internal organs, serious injuries to bones, ligaments, joints, and tendons, and general deterioration of health. Such injuries can result in temporary loss of function, but also serious impairment of future physical, psychological, and social abilities, including the ability to earn a living.

In an effort to make the sport of softball as safe as it can be, the coaching staff will instruct players concerning the rules of softball and the correct mechanics. It is vital that athletes follow the coach's instructions, training rules, and team policies to decrease the possibility of serious injury, and participate in conditioning practices regularly and diligently.

We have read the information above concerning the risks of playing softball. We understand, and assume all risks associated with trying out, practicing, or playing softball.

By signing this form, we assume the risks of softball, and hereby relieve coaches of the Colorado Springs Thunder Girls Fastpitch Softball organization of any liability for injuries that may be caused to my daughter due to any CST activities.

**I/We agree to the above:**

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**Signature of Parent(s) or Legal Guardian(s)**

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**Date:** \_\_\_\_\_