

Where
You're
Free to
Dance!



AMERICAN DANCE TRAINING CAMPS

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OPTIONAL ACTIVITIES INFO, RELEASES & WAIVERS MOUNT HOOD, OR 2011

Optional activity waivers can be completed and turned in anytime before – or at – check-in for your child's camp session. We'll even have printed copies of these waivers at check-in, so you don't have to submit them ahead of time or bring your own copies unless you want to!

If you won't be with your child at check-in, or if you'd prefer to submit these waivers prior to check-in, follow the directions below:

- 1. Print & Complete Form 3:** "ADTC Optional Activities Participation Release of Liability & Assumption of Risk Agreement"
- 2. Print & Complete Forms 3a** only if your camper has your permission to choose to participate in this activity.

Accepted ways to submit attached printed forms:

Upload Online (preferred!):

<http://www.americandancetrainingcamp.com/registration/upload-center.php>

Email To: Info@DanceADTC.com

Fax To: 866-383-ADTC

FORM 3: ADTC OPTIONAL ACTIVITIES PARTICIPATION RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT

**** READ BEFORE SIGNING ****

Please note that all optional activities below require parental consent and some require additional fees and/or additional waivers as indicated. Please check the box for activities in which you give your child permission to participate – campers may only sign up for activities that you check and sign for here.

- Alpine Slide (Monday)** – The Pacific Northwest’s only half mile Dual Alpine Slide sends you flying down a track of twists and turns through mountain meadows as you take banked turns, S-curves and hairpin thrills at the speed of your choice. **Cost \$15.**
- Bungee Trampoline (Tuesday)** – Defy gravity with the Quad Bungee Trampoline! Strapped into the bungee harness, you’ll be jumping higher than ever before while safely harnessed in and staff-guided to try some flips, twists and turns. **Cost \$20.**
- Horseback Riding (Wednesday)** – Saddle up for a guided horseback trail ride and explore Mt. Hood National Forest on miles of trails through old growth forest and open alpine meadows with a variety of well-trained horses saddled up with all equipment. **Additional Waiver Required. Cost \$80.**
- Indy Karts & Mini Golf (Thursday)** – Split your time between high-octane fun on high-powered indy karts flying through the twists and bends on the maintained-daily track and some chill time over a game of 9-hole mini golf. **Cost \$20.**

CRAFTS

- Journal (Monday)** – Girls get to make their own journal or scrapbook from scratch! Create a hardbound book frame and spine, pick and stitch the inner journal pages, and then design and decorate the cover. **Cost \$20.**
- Photo Board (Wednesday)** – Need a place to put all your camp pictures, or those important pieces of paper? Pick out your own fabric and ribbon to design and create your own diagonal cross pattern to hold all your memorabilia **Cost \$20.**
- T-Shirt Design (Thursday)** – Tired of having the same shirt as all your friends? Then why not make your own? With a mix of patches, fabric paint, dye and wax prints, you’ll be able to design a t-shirt that’s all you. **Cost \$20.**


ELECTIVES

- World Dance Company (Mon. – Thurs. evenings)** - Learn the best of Latin dances from choreography that pieces together movement from Merengue, Salsa, Reggaeton, Cumbia, and more. Since this is a night time class, this is only open for campers ages 13 and over. Proceeds go to ASTEP (Artists Striving to End Poverty). **Cost \$15.**
- Improvisation (Tuesday)** – Get to know yourself better as a dancer, a choreographer, and a mover through improvisation. This class focuses on exploring movement through interactive dance activities with an emphasis on movement play, creating interactions in different size groups, and expanding how we move through space.
- Conditioned & Flexible (Thursday)** - If you thought you were, wait until you learn the best techniques to improve your strength and flexibility as a dancer. You’ll work through the entire body using both classic and contemporary dance modes to help your body stretch deeper, jump higher and move quicker!

I HAVE REQUESTED THE AMERICAN SCHOOL OF DANCE (DBA: AMERICAN DANCE TRAINING CAMP) ALLOW MY CHILD TO PARTICIPATE IN THE FIELD TRIPS CHECKED ABOVE. IN CONSIDERATION OF BEING ALLOWED TO PARTICIPATE IN ANY WAY IN THESE ACTIVITIES, I THE UNDERSIGNED, ACKNOWLEDGE, APPRECIATE, AND AGREE THAT:


1. The risk of injury from these activities is significant, including the potential for permanent paralysis and death.
2. I **KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS**, both known and unknown, **EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES** or others, and assume full responsibility for my participation.
3. I willingly agree to comply with terms and conditions for participation. If I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately.
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, **HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE AMERICAN SCHOOL OF DANCE, LLC**, its officers, officials, agents and/or employees, other participants, vendors, advertisers, the United States, the States of Vermont, California, Colorado, North Carolina and Connecticut from any and all claims, demands, losses, and liability arising out of or related to any **INJURY, DISABILITY OR DEATH** I may suffer, or loss or damage to person or property, **WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE**, to the fullest extent permitted by law.
5. **Transportation Release:** Select members of ADTC staff may transport campers in their fully insured and State Inspected Vehicles. All Staff cleared to transport campers must have a clean driving record. At Program Director’s discretion, campers and staff may also choose to take cabs and or other area transportation.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY AND UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

	Signature of Camper: _____ Date: _____
	Printed Name of Camper: _____
	Address of Camper: _____

FOR PARENTS/GUARDIANS OF PARTICIPANT OF MINOR AGE

This is to certify that I, as the parent/guardian with legal responsibility for this participant, do consent and agree to her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liability incidents to my minor child’s involvement or participation in these programs as provided above, **EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES**, to the fullest extent permitted by law.

	Signature of Parent/Guardian _____ Date: _____
	Printed Name: _____
	Participating Minor’s Date of Birth: _____ Age: _____

Form 3a: Horseback Riding Waiver

(Complete only if your daughter will participate in horseback riding)

Mt Hood Wranglers LLC RELEASE AND WAIVER AGREEMENT

SERIOUS INJURY MAY RESULT FROM PARTICIPATION IN THIS ACTIVITY. Mt Hood Wranglers DOES NOT GUARANTEE YOUR SAFETY. IT IS HEREBY AGREED TO AS FOLLOWS:

In consideration of being allowed to participate in the horseback ride, pony ride, carriage ride, wagon ride or sleigh ride, Mt Hood Wranglers LLC on (dates) _____, 2011 x _____ I, for myself and any minor children for whom I am parent, legal guardian, or otherwise responsible and for my/our heirs, personal representatives or assigns, hereby acknowledge the risks of injury or damage (to property, personal injury and/or death) involved in participating in the horseback ride. I understand that there is a risk in riding live animals and acknowledge that my/our participation in this activity is purely voluntary. I assume full responsibility for myself and any minor children for whom I am parent, guardian or otherwise responsible, for any bodily injury, accident, illness, paralysis, death, loss of personal property and expenses thereof as a result of any accident which may occur while I/we participate in the horseback ride, pony ride, carriage ride, wagon ride or sleigh ride with Mt Hood Wranglers LLC on. I/we further agree to abide all safety instructions, and to wear any safety equipment (helmet) provided on the horseback ride while I/we are participating in the activity. I, for myself and any minor children for whom I am parent, legal guardian, or otherwise responsible, and for my/our heirs, personal representatives, or assigns, hereby release, acquit and forgive Amanda Sweitz, Mt Hood Wranglers LLC, Mt Hood Ski Bowl LLC, related entities and its principals, directors, officers, agents, employees, and volunteers ("Releases") from any and all liability of any nature for any and all injury or damage (including property damage, personal injury, illness, paralysis, and/or death) to me or said minor children and other persons as the result of my/our participation in the horseback ride. I, for myself and any minor children for whom I am parent, legal guardian or otherwise responsible, and for my/our heirs, personal representatives or assigns, also hereby expressly waive any claim, lawsuit, complaint, charge, or cause of action against Mt Hood Wranglers LLC, Amanda Sweitz, or Mt Hood Ski Bowl LLC, related entities and its principals, directors, agents, employees and for any and all injury or damage including property damage, personal injury, illness, paralysis and/or death, to me or any such minor children and other persons as a result of my/our participation in the horseback ride with Mt Hood Wranglers. This waiver is made voluntarily. I am aware of the risk to unborn children, because of the inherent risks of riding horses, Mt Hood Wranglers LLC advises pregnant women not to ride horses. All activities on these grounds are subject to the Oregon Equine Inherent Risk Law Oregon ORS 30.687-697

I have read this Release and Waiver Agreement and understand that by signing this document, I am waiving valuable legal rights including any and all rights that I may have against the Releases named above.

Name of Participant: (printed) _____ Age: _____

Signature of participant: _____

Signature of legal parent or guardian: _____