



## 2018 Winter Conditioning Program

With "Coach D" Daquan Hawkins

The Winter Conditioning Program, led by Yorkville veteran football coach Daquan Hawkins, is a fitness program that is designed for children of all ages to give our players the physical tools to be successful in sports. These workouts involve strength, speed, agility, coordination, and conditioning. The workouts are uniquely design to ensure the players have a good time and enjoy working out and being physically fit. No matter what sport your child plays these work outs will be a huge benefit for him/her.

**Wednesdays January 3, 2017 – March 7, 2017**

**6:00pm – 7:00pm**

Skiping 2/21

**At P.S. 6 – 45 East 81<sup>st</sup> Street**

**APPLICATION**

**Registration Fee \$400**

Name \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_

Date of Birth \_\_\_\_\_ Email address \_\_\_\_\_

Address \_\_\_\_\_ Apt # \_\_\_\_\_ City, State Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell \_\_\_\_\_

Parents' Names \_\_\_\_\_

Parents' Signature \_\_\_\_\_

**Please complete the following checklist:**

- ☐ Application enclosed
- ☐ League fee enclosed \$ \_\_\_\_\_ (non-refundable)
- ☐ Donation to Yorkville Youth Athletic Association Enclosed \$ \_\_\_\_\_

**No refunds, credits or transfers.**

**Please be generous** – it has become very expensive to run these programs. Gym fees increased last year a great deal. Fees for referees, gyms, insurance and personnel have increased – we need your support. **Let's have 100% of our participants make a donation this season.**

Return application, fee and donation made payable to Yorkville Youth Athletic Association to:  
Yorkville Youth Athletic Association • PO Box 1556 • New York, NY 10028

Please email Arlene at [yyaa14@aol.com](mailto:yyaa14@aol.com) or call 212 360-0022 with any questions  
Visit our website at [www.yyaa.org](http://www.yyaa.org)

Winter Conditioning Program



Yorkville Youth Athletic Association  
**Waiver/Release Statement**  
2017-2018

Release Statement:

I, the parent/guardian of \_\_\_\_\_, do hereby give my approval for him/her to participate in any and all activities of the Yorkville Youth Athletic Association and agree to abide by all rules and regulations of the institution. I assume all risks and hazards incidental to such participation in these activities, and I do hereby waive, release, absolve, indemnify, and agree to hold harmless the Yorkville Youth Athletic Association and its staff, the Board of Directors of The Yorkville Youth Athletic Association, officers, directors, organizers, sponsors, supervisors, participants, trainers, independent contractors, agents, representatives, all persons transporting my child/dependent to and from activities, the City of New York, New York City's Department of Parks and Recreation, and their respective officials, from any claims, loss, liability, expense or damage arising out of an injury to my child/dependent, whether the result of negligence or for any other cause, except to the extent and in the amount covered by accident or liability insurance. I understand that this release applies to both future and present injuries, damages or loss and is binding on the Player and the Players heirs, executors and administrators.

I understand that the Player may be photographed and/or videotaped during participation in YYAA and hereby grant YYAA permission to use the Players likeness in photographs and/or video in any and all of its publications and in any and all other media.

I also understand that the Yorkville Youth Athletic Association has a no refund, no transfer, no credit policy for any reason at any time for any program. Times and locations are subject to change.

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_