Tar Heel Wrestling Club (THWC) Waiver and Release from Liability

1. l,	, the undersigned, on behalf of myself, my
heirs and next of kin, personal re	presentative, agents, insurers, successors and assigns
(all hereinafter "Releasers") here	by FOREVER RELEASE, DISCHARGE AND COVENANT
NOT TO SUE THE TAR HEEL WRES	TLING CLUB, its insurers, its affiliated clubs,
administrators, agents, directors,	officers, state organizations, members, committees,
volunteers, all employees, and ar	y and all participants, officials, referees, coaches,
host clubs, sponsoring agencies, s	ponsors, advertisers, local organizing committees
(and if applicable) owners, lessor	s and operators of premises used to conduct any
THWC sanctioned event, meet, pe	ractice or activity (all hereinafter "Releases") from
any and all liabilities, claims, dem	ands, causes of action or losses of any kind or
nature, past, present or future, d	irect or consequential that I may hereafter have for
PERSONAL INJURY, PERMANENT,	TEMPORARY, TOTAL OR PARTIAL DISABILITY,
DISFIGUREMENT, PARALYSIS AND	ANY OTHER LOSSES OR DAMAGES TO PERSON OR
PROPERTY OR DEATH, arising out	of my participation in, attendance at or traveling to
and from any USA Wrestling sand	tioned event or activity including, but not limited to,
LOSSES CAUSED BY THE PASSIVE	OR ACTIVE NEGLIGENCE OF THE RELEASEES, or
hidden, latent or obvious defects	in the facilities or equipment used.

- 2. Releaser understands and acknowledges that THWC sanctioned activities and the sport of wrestling in general have inherent dangers that no amount of care, caution, training, instruction, supervision or expertise can eliminate. RELEASOR EXPRESSLY AND VOLUNTARILY ASSUMES ALL RISK OF PERSONAL INJURY, PERMANENT, TEMPORARY, TOTAL OR PARTIAL DISABILITY, DISFIGUREMENT, PARALYSIS AND ANY OTHER LOSSES OR DAMAGES TO PERSON OR PROPERTY OR DEATH, sustained while participating in, attending, preparing for or traveling to and from any THWC sanctioned event, meet, practice or activity, including the risk of PASSIVE OR ACTIVE NEGLIGENCE OF THE RELEASEES, or hidden, latent or obvious defects in the facilities or equipment used.
- 3. Releaser acknowledges and fully understands that each participant in any THWC sanctioned event, meet, practice, camp or activity, including Releaser, will be engaging in activities that involve risk of serious injury, including permanent, temporary, total or partial disability, disfigurement, paralysis and any other losses to person or property, including death, and that severe social and economic losses may result not

only from releaser's own action, inactions or negligence, but also from the actions, inactions or negligence of other notwithstanding the rules of play or the condition of the premises or of any equipment used. Further Releaser acknowledges and fully understands that there may be other associated risks with such activities that are not known or not reasonably foreseeable at this time. I ACKNOWLEDGE THAT I HAVE HAD SUFFICIENT OPPORTUNITY TO REVIEW THE PROVISIONS OF THIS DOCUMENT AND UNDERSTAND ITS PURPOSE, MEANING AND INTENT.

(Print Nar (Participa	ne) nt's Signature)
(Date	
The undersigned,	does hereby represent that he/she is, in
fact, the parent or legal guardian of	and acting in such
capacity agrees to the terms and conditior	ns of the above stated waiver and release.
(Print Nar	me)
(Parent's	Signature)
(Date	
	(Relationship to minor)