

**FORT WORTH AREA SWIM TEAM (FAST)**

Hold Harmless / Tryout Form

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**Swimmer's Agreement to Hold Harmless**

I, \_\_\_\_\_, agree to and hereby release FAST; the FAST coaching staff;
(Print Name of Parent, Guardian, or Adult Swimmer)

Wilkerson-Greines Activity Center; the staff of Wilkerson-Greines Activity Center; the Fort Worth Independent
School District (FWISD); North Texas Swimming, Inc.; and USA Swimming, Inc.; North Texas Masters
Swimming, Inc.; and United States Masters Swimming, Inc.; their agents and employees from all liabilities and
claims arising by reason of injuries that may occur to \_\_\_\_\_ while participating in
(Print Name of Swimmer)

the programs of the Fort Worth Area Swim Team, including travel to and from training sessions, other
scheduled activities, and swimming meets. I agree to indemnify and hold harmless the above mentioned, their
agents and employees, against any and all liability for personal injury, including injuries resulting in death, or
damage to property, or both, while enrolled in the program. I agree to reimburse the above for any and all
damages they are compelled to pay arising from any such claim, demand, action, or cause of action as may arise
from my or my child's action while enrolled in the program.

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
DATE

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**FORT WORTH AREA SWIM TEAM (FAST)**

Tryout Date: \_\_\_\_\_

Pool Parent Volunteer: \_\_\_\_\_

Swimmer's Name: \_\_\_\_\_

Age: \_\_\_\_\_

Sex: \_\_\_\_\_

Coach Conducting Tryout: \_\_\_\_\_

Strengths: \_\_\_\_\_

Weaknesses: \_\_\_\_\_

Practice Group: \_\_\_\_\_

Practice Group Coach: \_\_\_\_\_

Practice Days and Times: \_\_\_\_\_

Equipment Needed: FAST swimsuit, swimcap, T-Shirt; goggles, swim fins, hand paddles \_\_\_\_\_