

By signing below, I acknowledge and agree to the following on behalf of myself and/or my minor child participating in any activity, practice, training, competition, tournament, travel event, camp, clinic, or event associated with Famlife Flex Athletics, LLC ("Famlife Flex").

I understand that participation in athletic activities and events involves inherent risks, including but not limited to bodily injury, illness, permanent disability, paralysis, emotional distress, property damage, and death. I voluntarily choose to allow participation despite these known and unknown risks.

In consideration for being allowed to participate in any Famlife Flex Athletics, LLC activity or event, I hereby release, waive, discharge, and hold harmless Famlife Flex Athletics, LLC, its owners, directors, coaches, volunteers, staff members, sponsors, affiliates, agents, representatives, team parents, and any members thereof from any and all claims, liabilities, demands, actions, damages, costs, or expenses arising out of or related to participation in any Famlife Flex activity or event, whether caused by negligence or otherwise, to the fullest extent permitted by law.

This waiver includes, but is not limited to:

- Practices and training sessions
- Games and tournaments
- Camps and clinics
- Travel to and from events
- Strength and conditioning activities
- Use of facilities or equipment
- Any third-party event or competition in which Famlife Flex Athletics participates

I acknowledge that Famlife Flex Athletics, LLC does not provide medical insurance coverage for participants and that I am solely responsible for any medical expenses incurred as a result of participation.

I certify that the participant is physically capable of participating in athletic activities and has no medical condition that would prevent safe participation. I authorize emergency medical treatment if necessary and understand that all associated costs are my responsibility.

I further grant permission for Famlife Flex Athletics, LLC to use photographs, videos, recordings, or likenesses of the participant for promotional, marketing, social media, or organizational purposes without compensation.

I understand and agree that this Release of Liability and Hold Harmless Agreement is intended to be as broad and inclusive as permitted by the laws of the State of Texas. If any portion is found unenforceable, the remaining provisions shall remain in full force and effect.

By signing below, I confirm that I have read, understood, and voluntarily agree to the terms of this waiver.