

**PVHS SURF TEAM SUMMER 2010 WORKOUT PROGRAM**  
**Registration Form**

Week(s) signing up for (please circle):

July 19 – 22, 2010

July 26 – 29, 2010

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

Grade (upcoming 10/11 school year): \_\_\_\_\_

School attended in 09/10 year: \_\_\_\_\_

Address: \_\_\_\_\_

Parents / Guardians: \_\_\_\_\_

Home phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_

Name of Emergency contact(s) and phone number(s): \_\_\_\_\_  
\_\_\_\_\_

Any allergies or medical problems we should know about: \_\_\_\_\_  
\_\_\_\_\_

If not on the team last year, did you try out for the team? \_\_\_\_\_

EMAIL address(es) you would like to use for team correspondence (This is very important as email will be used [not phone calls] to relay important information)

Primary \_\_\_\_\_

Additional \_\_\_\_\_

Additional \_\_\_\_\_

**WAIVER AGREEMENT AND RELEASE OF LIABILITY**

1. In consideration for permission to participate in surfing lessons/instruction, and/or a surfing daycamp, and/or a surfing contest, and/or a surfing outing, I release and discharge the State of California, the County of Los Angeles, and / or it's employees and volunteers, the political entity having jurisdiction over the surfing site, Alive Surfing and its officials & employees, the surf instructors-including, but not limited to Kirk Lantz and Tara Lantz, and any sponsor company- including its members, owners, employees or agents (hereinafter referred to a "The Released Parties") from any and all liability, claims, rights or causes of actions that I or my executor, administrator, conservator, other legal representative, beneficiaries, heirs or assigns may have for my death, and / or any injuries or damages occurring to me arising out of my surfing activities, and more specifically my use of the Premises as a surfing location, including but not limited to losses CAUSED BY THE NEGLIGENCE OF RELEASED PARTIES AND / OR THE CONDITIONS OF THE PREMISES. (Initial here \_\_\_\_\_).
2. I AGREE THAT I WILL NOT SUE OR MAKE CLAIM against the Released Parties for damages or other losses sustained as a result of my participation in surfing activities, and specifically my use of the premises as a surfing site. (Initial here \_\_\_\_\_).
3. In further consideration of accepting this registration, I hereby agree to indemnify and hold harmless The Released Parties from any and all loss, damages, liability, claims, suits, costs and expenses, whatsoever, including attorney fees, regardless of the merit or outcome of any such claim, suit or action for damages resulting from or in any manner arising out of the participation in the surfing activity by the person registered. (Initial here \_\_\_\_\_).
4. I understand and acknowledge that surfing activities have inherent dangers that no amount of care, caution, instruction, or expertise can eliminate, and I EXPRESSLY AND VOLUNTARILY ASSUME ALL RISK OF DEATH OR PERSONAL INJURY, KNOWN OR UNKNOWN BY THE RELEASED PARTIES, AND ANY CONSEQUENTIAL DAMAGES, SUSTAINED WHILE PARTICIPATING IN SURFING ACTIVITIES, AND SPECIFICALLY MY USE OF THE PREMISES AS A SURFING LOCATION, WHETHER OR NOT CAUSED BY THE NEGLIGENCE OF THE RELEASED PARTIES AND / OR THE CONDITIONS OF THE PREMISES. (Initial here \_\_\_\_\_).
5. I attest that I am physically fit and have sufficient capability to participate in the program/activity/lessons that I am entering/participating in. (Initial here \_\_\_\_\_).
6. I do understand that any photographs or video taken of my likeness during my participation at any/all Alive Surfing events is sole property of Alive Surfing and can be used at any time in any media form without my prior knowledge or consent. (Initial here \_\_\_\_\_).
7. This document is my complete understanding regarding this agreement and release of liability and may not be altered by oral agreement. (Initial here \_\_\_\_\_).
8. I agree that any dispute or claim in Law or equity arising out of this Agreement or any resulting transaction shall be decided by neutral, binding arbitration. The arbitrator shall be a retired judge or justice unless the parties mutually agree to a different arbitrator, who shall render an award in accordance with substantive California Law. In all other respects, the arbitration shall be conducted in accordance with Part III, Title 9 of the California Code of Civil Procedure. Judgment upon the award of the arbitrator(s) may be entered in any court having jurisdiction. The parties shall have the right to discovery in accordance with Code of Civil Procedure. (Initial here \_\_\_\_\_).
9. If applicant is a minor, parent / legal guardian must sign in order to bind parent / guardian and or minor to this agreement. (Initial here \_\_\_\_\_).
10. I HAVE READ THIS ENTIRE AGREEMENT AND RELEASE OF LIABILITY, I FULLY UNDERSTAND ITS CONTENTS AND MEANING, AND I HAVE INITIALED AND SIGNED IT OF MY OWN FREE WILL ON MY OWN BEHALF (and if applicable, as parent / legal guardian on behalf of \_\_\_\_\_, a participant under 18 years of age).

Date: \_\_\_\_\_ Print Name of Participant: \_\_\_\_\_

Participant Signature (if 18 or over): \_\_\_\_\_

Parent / Guardian Signature if Under 18: \_\_\_\_\_

Address (include state and zip code!) \_\_\_\_\_

Phone number (s): \_\_\_\_\_



## PVHS SEA KING SURF TEAM

The PVHS Sea King Surf Team competes in the South Bay Surf League against 11 other schools. In the past few years, we have consistently finished either as league champions or 2<sup>nd</sup> place in the league...we have a great program!

Surfing is not a CIF sport, therefore the season runs longer than other high school sports. Tryouts are in July, the South Bay Surf League runs from roughly mid October thru January, and there are a few specialty events that select team members may compete in during the spring...possibly including NSSA State and National Championships, NSL Red Bull Riders Cup, SBSL High School Championships, etc.

The South Bay Surf League allows each school one VARSITY team. There are no JV teams. Participation in the PVHS summer surfing workout program may be crucial for those who wish to make the team -- see bottom of page and attachments for more info.

Also, and very important, since PVHS does NOT offer surf P.E., any Freshman or Sophomore who desires to tryout for the Sea King Surf Team should register, if at all possible, for 1<sup>st</sup> period regular P.E. On days when the surf team competes, surf team members will be excused from 1<sup>st</sup> period to attend the contest, but must attend their regular 1<sup>st</sup> period class any other "A" days during the week that there is not a surf team contest. Only one contest is scheduled per week, except when there is a make-up event or Saturday event.

Junior and Seniors who want to tryout for the surf team, should also plan their schedule of classes accordingly. Try to get either an open 1<sup>st</sup> period, or avoid any 1<sup>st</sup> period class where it is going to be tough to miss class, i.e., don't take AP science 1<sup>st</sup> period if you can help it.

Qualified surfers of all grade levels will have a chance to make the varsity team, but **ALL SURFERS, REGARDLESS OF WHETHER THEY WERE ON THE TEAM OR NOT LAST YEAR, MUST ATTEND TRYOUTS, NO EXCEPTIONS.**

**I HIGHLY RECOMMEND THAT ALL SURFERS TRYING OUT FOR THE TEAM ATTEND THE SUMMER WORKOUT PROGRAM. THAT WAY I CAN MEET YOU AND HAVE THE OPPORTUNITY TO COACH YOU AND WORK ON YOUR COMPETITIVE SKILLS BEFORE TRYOUTS.** Please remember that surf team is a competitive sport, and surfers who will make the team must prove during tryout heats that they know how to compete well and have strong surfing ability. Attached are surf team workout program and tryout dates and info.

Any questions, feel free to call or email me.

Coach Kirk Lantz

310-713-0161 (cell)

[seekingsurfteam@cox.net](mailto:seekingsurfteam@cox.net)



## **PVHS SURF TEAM SUMMER 2010 TRAINING WORKOUTS**

**ALL BOYS & GIRLS, INCOMING FRESHMAN THRU SENIORS,  
WHO SHORTBOARD, LONGBOARD, OR BODYBOARD  
ARE HIGHLY ENCOURAGED TO ENROLL IN THE  
PVHS SURF TEAM SUMMER TRAINING WORKOUTS!**

**WHY:** HEAD COACH KIRK LANTZ WILL BE OVERSEEING THE WORKOUTS, AS WELL AS EVALUATING POTENTIAL SURF TEAM MEMBERS FOR THE 2010/11 **VARSIITY** SURF TEAM. IN ADDITION, THERE WILL BE A SMALL # OF ALTERNATES CHOSEN WHO **PARTICIPATE IN THE WORKOUTS AND SHOW STRONG POTENTIAL** WHO MAKE THE VARSITY TEAM AS A RESERVE SURFER. (SURF TEAM TRYOUTS WILL BE HELD ON JULY 30th and 31st.)

**DATES:** JULY 19 – 22  
JULY 26 – 29

**TIME:** 7:00 AM – 9:00 AM

**SITE:** TORRANCE BEACH (south of the snack bar, below Sand Hill)

**COST:** \$160 for one week, \$300 for both weeks (scholarships available to those who verify need)

**Checks payable to “Alive Surfing”**

(Cost includes insurance, practice supplies, and coach's salary. PVPUSD does not supply insurance for summer watersports, so summer watersports programs are run through independent entities, such as Alive Surfing, and must pay for their own insurance policy.)

**IF YOU ARE CONSIDERING TRYING OUT FOR A SPOT ON THE 2010/11 PVHS SURF TEAM, IT IS HIGHLY RECOMMENDED THAT YOU PARTICIPATE IN BOTH WEEKS OF TRAINING WORKOUTS, AND AN ABSOLUTE MINIMUM OF 1 TRAINING WORKOUT WEEK. IF NOT, YOU WILL LOSE OUT ON VALUABLE INFORMATION, PRACTICE HEATS, COACHING, AND FEEDBACK.**

Please fill out registration and release forms and mail with check (payable to “Alive Surfing”) to:  
Kirk Lantz / PVHS Surf Team  
P.O. Box 931  
Palos Verdes Estates, CA 90274

NO REFUNDS UNLESS REFUND REQUEST IS RECEIVED BY JUNE 5<sup>TH</sup>, 2010. A \$25.00 fee will be charged for all refund requests. Verification of enrollment done via email. Any questions, please call Kirk Lantz at 310-713-0161

**Please return registration form, release form, and check  
by mail by June 5<sup>th</sup>!**