



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PULL UP CONTEST

The YMCA will be hosting a Pull Up Contest for the Haynes Apperson Fair. Test the limits of your upper body strength by participating in our pull up contest! Winners will receive a t-shirt for each age division!

AGE DIVISIONS:

6-8, 9-11, 12-14, 15-18, 19-25, 26-35, 36-45, 46-55, 56+

WHEN:

Saturday, June 29th

YOUR HEALTH,
OUR MISSION.

WHERE:

YMCA

REGISTRATION FEES:

\$5/Person

REGISTRATION INFORMATION:

Register at the YMCA Membership Desk

You'll be contacted by the YMCA via email prior to the start date.

CONTACT:

Please contact Allysha Smith, ally-



PULL UP CONTEST

REGISTRATION FEE: \$5.00/PERSON _____

AGE DIVISION: _____

Name: _____ Male: _____
Female: _____

Date of Birth: _____ Age: _____ *E-Mail _____ (This is important for communicating)

Address: _____ City: _____
Zip _____

Home Phone: _____ Cell
Phone: _____

Mother's Name: _____ Father's Name: _____ Guardian
Name: _____

Participants under 18 years of age will need to have a parent or guardian present to sign off on the agreement below.

Emergency Contact:

Name: _____ Home Phone: _____ Cell Phone: _____

Health History:

Is your child in general good health? Yes No Is your child on medication regularly? Yes
No

If on medication, What? _____ Why? _____

Does your child have any medical concerns? If so, explain _____

AGREEMENT

1. I hereby certify that I am/my child are in good health and capable of participation in the YMCA/Haynes Apperson Event. The participant/parent of participant assumes all risk(s) and hazards incidental to the conduct of the event and for transportation to and from the event. I hereby authorize the YMCA to obtain medical treatment for me/my child in the event that parent(s) and emergency contact cannot be reached.
2. If an injury is sustained by a participant or spectator during the event or practice, no fault for such inci-