

D1 WORKOUTS

Individual & Group Basketball Training

LADERA YOUTH BASKETBALL LEAGUE

All Games on Saturdays (Sundays if necessary)

Nov 7, 2009 - Feb 28, 2010

10 weeks of league play and 1 week of Championship Series
Games on Saturdays at Local South Orange County Gyms

This league is designed for girls and boys, 1st grade - high school, who are interested in learning the fundamentals of basketball from former Division 1 and professional athletes while having a great time playing the game.

D1Workouts is operated by a group of former Division 1 and professional basketball players that know the game and dedicate their energies to teaching the game of basketball to our up and coming youth. We are changing the look of Orange County youth basketball. We plan to give every ounce of knowledge and expertise to your sons and daughters so they can take these skills and knowledge and apply it both on and off the basketball court.

If you are ready to learn the game from the basic fundamentals level, or if you want to elevate your game to the next level, then come and train, workout, learn and compete in the D1workouts Ladera Youth Basketball League. The results will impress you.

Division 1 - High School Boys League or High School Girls League Grades 9th-12th

Division 2 – Grades 7th and 8th

Division 3 – Grades 5th and 6th

Division 4 – Grades 3rd and 4th

Division 5 – Rookie League: Grades 1st and 2nd (coed)

Costs: Division 1: \$200.00

All Boys Divisions: \$175.00

All Girls Divisions: \$165.00

Rookie League/Division 5: \$155.00

Youth Consent Form

AUTHORIZATION FOR AGENT TO CONSENT TO MEDICAL TREATMENT OF A MINOR

In consideration of being allowed to participate in the D1Workouts Ladera Youth Basketball League athletic/sports program, and related events and activities the undersigned:

1. Agree that prior to participating, they each will inspect the facilities and equipment to be used, and if they believe anything is unsafe, they will immediately advise their coach or supervisor of such condition(s) and refuse to participate.
2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions or negligence or from the use of equipment provided or supplied including, but not limited to: falls, contact with other participants, the effects of the weather, conditions of the premises, physical exertion, and the negligence of others. Further, that there may be other risks not known to us, or not reasonably foreseeable, such as disability or death.
3. Nevertheless, I voluntarily elect to accept the risks connecting with my participation in the athletic/sports program, and related events and activities of the D1Workouts Ladera Youth Basketball League. Assume all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death.
4. Having read this waiver and knowing these facts and in consideration of your accepting my application, I for myself, my representatives, and anyone entitled to act on my behalf or on behalf of my estate, release, waive, discharge and covenant not to sue Steve Williams, D1Workouts, Ladera Ranch Maintenance Cooperation (LARMAC), and Ladera Ranch Community Services (LARCS) hereinafter referred to as "releasees", from demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise.
5. Hereby authorize the releasees to act for me according to their best judgment in any emergency requiring medical attention and expressly acknowledge that injuries received may be compounded or increased by negligent rescue operations or procedures of the releasees.
6. Expressly acknowledge that if the participant in the D1Workouts Ladera Youth Basketball League, athletic/sports program, and related events and activities is a minor, I am that individual's parent or legal guardian and, as such, are duly authorized and empowered to act on that individual's behalf.
7. I am aware that this is a full release of all liability and a contract between myself, my child, D1Workouts, LARCS and LARMAC and signs it of my own free will, and I have read the above carefully and fully understand. THE UNDERSIGNED HEREBY GIVES PERMISSION FOR MY MINOR CHILD TO BE PHOTOGRAPHED as a participant of the **Ladera Ranch Youth Basketball League** for publicity uses including but not limited to newsletters, websites, newspapers, and any and all promotional materials. The undersigned further agrees that he or she will not receive any compensation for such use of his or her likeness, name, quotations and/or photographs.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THIS RELEASE AND WAIVER OF LIABILITY AND ASSUMPTION OF RISK, and further agrees that no oral representations, statements, or inducement apart from the foregoing written agreement have been made.

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Parent/Legal Guardian Name: _____

Signature: _____ Date: _____



LADERA YOUTH BASKETBALL LEAGUE REGISTRATION FORM

SPACE IS LIMITED. Deadline to register is November 9, 2009
Games begin November 28, 2009.

Email:
Player's Name Telephone #
Address: Date of Birth: Grade:
Father's Name: Work/Cell Phone #:
Mother's Name: Work/Cell Phone #:
Emergency Contact: Telephone #:
Accepts games on Sundays? (Y/N) Medical Ins. Co. / Policy #
Known allergies or pertinent medical information (please describe):

Uniform Sizes (circle sizes):

Shirt Size: (Youth) S M L or (Adults) S M L XL XXL

Shorts Size: (Youth) S M L or (Adults) S M L XL XXL

Registration Includes: New D1 Jerseys, gym fees, referees, statistical keepers, gym times, and more.

Volunteers: We need your help to make this league work!!! (Please X all that applies)

President: (L) (XL) (XXL)
Vice President: (L) (XL) (XXL)
Treasurer: (L) (XL) (XXL)
Board Member: (L) (XL) (XXL)
Team Mom/Dad: (L) (XL) (XXL)
Sponsors: (L) (XL) (XXL)

Checks made payable to: DIWorkouts
Please mail check and registration form(s) to:
DIWorkouts P.O. Box 6334, Laguna Niguel, CA 92607

NO REFUNDS AFTER FIRST GAME

Late Registration - \$25.00 per player if registration is received after Nov 8, 2009

To be placed on a team you must attend a MANDATORY evaluation on Nov 7- 8 2009. Make-Up Evaluation Nov 14th

**If there are further questions please contact Coach Steve Williams at 949-315-9566
Or email your questions to d1workouts@gmail.com or jimmy.d1workouts.com