

**Lake Central Barracudas**  
**Parental Consent and Release**  
**Winter Season 2009-2010**

For and in consideration of the instruction, training, physical conditioning and education benefits offered to my children through age group swimming, by the Lake Central Barracudas, Inc., I hereby release the Lake Central Barracudas, Inc. its officers, agents, servants and employees, including instructors and coaches from all liability from the undersigned, my children, heirs, assigns and next of kin, for all loss or damage and any claims or demands on account of injury to myself or my children, resulting in death or injury to myself or my children, whether caused by negligence of the releases, or otherwise, while the undersigned or their participating children are in, about, or around facilities used by the Lake Central Barracudas for instruction, training, meets or club activities. I further certify that my participating children are in good physical condition, that I have consulted with my family physician or a physician of my choosing concerning their participation in the sport of Age Group Swimming, and I am satisfied that they are physically capable of participating in this swim program. The undersigned are the parent(s)/Legal Guardian(s) of the participating children, have read and fully understand the nature of this document and the Legal effect hereof. This signature is a release for all my children participating in the Lake Central Barracudas, Inc.

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Children participating in the Lake Central Barracudas

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Signature of parent/guardian

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Date

**LCB Picture Policy**

From time to time, we put photos of our swimmers on the LCB website. If you prefer not to have your swimmers photo included on our website, please send an email to [President@LCBswim.com](mailto:President@LCBswim.com) identifying your swimmers name and request that they not be included in web photographs. If you do not have email, please give your written request to the Head Coach or any LCB Board member. Thank you.