

**The Trench LLC
Liability Waiver
General Consent Form**

1. Welcome to The Trench LLC., herein after referred to as "The Trench". As a participant in the training program(s) with The Trench, herein after referred as "the training", I acknowledge that participation in the training exposes me to a possible risk of personal injury. I, hereby release The Trench, related sponsors, and its officers, directors, employees, agents, licensees, subsidiaries, consultants, independent contractors, and affiliates from any and all liability from property damage, personal injuries or other claims arising from or in connection with my participation in the training including claims that are known and unknown, foreseen and unforeseen, future or contingent.

I covenant that I will not now or at any time in the future, directly or indirectly commence or prosecute any action, suit or other proceeding against said companies, sponsors and officers, directors, employees, agents, licensees, subsidiaries, consultants, independent contractors and affiliates, arising out of or relating to the actions, causes of action, claims and demands hereby waived, released or discharged by me.

For good and adequate consideration, which I acknowledge I have received, I hereby grant, release and quitclaim to The Trench the right and authority to use, reproduce and distribute, quoted material, my photograph, likeness, recorded voice or videotaped filmed appearances for training, promotional and advertising purposes or programs as The Trench in its sole discretion will deem appropriate. I acknowledge that I have read and fully understand this Player Authorization, Injury Waiver and General Release Form. This agreement will bind me, my spouse, my children, legal representatives, heirs, successors and assigns.

I understand: Yes or No

Signature: _____ **Date:** _____

Print Name: _____ **Athlete Name:** _____

