**Waiver and Release of Liability**

**DISCLAIMER:** VIRGINIA BEACH NATIONALS, THE VIRGINIA BEACH CONVENTION AND VISITORS BUREAU, ITS AGENTS, OR EMPLOYEES ARE NOT RESPONSIBLE FOR ANY INJURY (OR LOSS OF PROPERTY) TO ANY PERSON SUFFERED WHILE PLAYING, PRACTICING, OR IN ANY OTHER WAY INVOLVED IN THE VIRGINIA BEACH NATIONALS, FOR ANY REASON WHATSOEVER, INCLUDING ORDINARY NEGLIGENCE ON THE PART OF THE VIRGINIA BEACH NATIONALS, VIRGINIA BEACH CONVENTION AND VISITORS BUEAREU, ITS AGENTS, OR EMPLOYEES.

In consideration of my child's participation, I hereby release and covenant not-to-sue The Virginia Beach Nationals, The Virginia Beach City Public Schools, Ocean Lakes High School, The Virginia Beach Convention and Visitors Bureau, its agents, employees, instructors, or coaches from any and all present and future claims resulting from ordinary negligence on the part of The Virginia Beach Nationals, The Virginia Beach Convention and Visitors Bureau, or others listed for property damage, personal injury, or wrongful death arising as a result from ordinary negligence, both present and future, that may be made by me, my child, my family, estate, heirs, or assigns.

Further, I am aware that Wrestling is a vigorous sport involving severe cardiovascular stress and violent physical contact. I understand that Wrestling involves certain risks, including but not limited to, death, serious neck and spinal injuries resulting in complete or partial paralysis, brain damage, and serious injury to all bones, joints, muscles, and internal organs; and that equipment provided for my child's protection may be inadequate to prevent serious injury. I further understand that Wrestling involves a particularly high risk of knee, head, and neck injury. In addition, I understand that participation in Wrestling involves activities incidental thereto, including, but not limited to, travel to and from the site for the activity, participation at sites that my be remote from available medical assistance, and the possible reckless conduct of other participants. I am voluntarily allowing my child to participate in this activity with knowledge of the danger involved and hereby agree to accept any and all inherent risks of property damage, my child's personal injury, or my child's death.

I further agree to indemnify and hold The Virginia Beach Nationals The Virginia Beach City Public Schools, Ocean Lakes High School, The Virginia Beach Convention and Visitors, and others listed for any and all claims arising as a result of my child engaging in or receiving instruction in the Virginia Beach Nationals activities or any activities incidental thereto, wherever, whenever, or however the same may occur.

I understand that this waiver is intended to be as broad and inclusive as permitted by the laws of Virginia and agree that if any portion is held invalid, the remainder of the waiver will continue in full legal force and effect. I further agree that the venue for any legal proceedings shall be in Virginia.

I affirm that I am of legal age and am freely signing this agreement for my child to participate in the Virginia Beach Nationals. I have read this form and fully understand that by signing this for I am giving up legal rights and/or remedies which may be available to me for the ordinary negligence of The Virginia Beach Nationals, The Virginia Beach Convention and Visitors Bureau, or any parties listed above.

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Signature of Wrestler Signature of Parent or Guardian

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Print Name of Wrestler