

The Mental Edge

Sports Psychology Session with Dr. Andrew Jacobs

Saturday, March 25 1:00-3:00pm

Gautreaux's Martial Arts is hosting a "Mental Edge" training session with Dr. Andrew Jacobs. Besides his extensive list of accomplishments within the field of sports psychology for the past 36 years, Dr. Jacobs was Mrs. Gautreaux's sports psychologist leading up to and throughout her training and competition at the 1992 Summer Olympic Games. She personally understands and believes in the value of mental training for all competitive athletes.

The seminar Dr. Jacobs is conducting will specifically address the mental training issues important for young athletes, specifically middle and high school athletes. His seminar will help you navigate the stressful world of youth and high school sports to make you the best athlete possible. Sports can be a great catalyst for success in life but it can also destroy an athlete who does not have the tools to deal with the stress of competition.

Dr. Jacobs has a website, mental training CD's, a recently published book titled "Just Let'em Play", as well as a weekly radio talk show on 810 WHB called "The Dr. Andrew Jacobs Sports Psychology Hour". His website is www.winnersunlimited.com. Take a look at his extensive resume with Professional and Olympic athletes.

The seminar will be held at Gautreaux's Martial Arts Center, 2905 SW US Hwy 40 in Blue Springs, MO. The time is 1:00-3:00pm. Seminar fee is \$50.00, paid directly to Dr. Jacobs. Dr. Jacobs seminars are CLOSED sessions, meaning once the seminar has started, only the participants will be allowed to stay. One coach from a participating team will be allowed to observe. This is a PRE-REGISTRATION EVENT ONLY. Registration deadline is Wednesday, March 15. Participants will need to bring a pen and paper with them.

If you have any questions, please do not hesitate to contact me for more information. I can be reached at gautreaux1@comcast.net or by phone/text at 816-694-4619.

"You can have two athletes of equal skill and physical ability, but the one with the stronger mind will be the one who comes out on top." - Dr. Andrew Jacobs

Gautreaux's Martial Arts Center

Waiver

Child(ren)'s Name: _____

Parents Name & Contact Number _____

Address _____

Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement: In agreement of participating in any Parents Night Out, Birthday Party, Summer Camps, Parents Day Out, Board Breaking Seminar, Intramural Tournament, Overnight, Open Gym Time, sponsored by Gautreaux's Martial Arts, I represent that I understand the nature of this activity and that I am qualified, in good health, and in proper physical condition to participate in such activity. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the activity. I fully understand that this activity involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions or inactions, those of others participating in the event, the conditions in which the event takes place, or the negligence of the "releases" named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibilities for losses, cost and damages I incur as a result of my participation in the Activity.

I hereby release, discharge and covenant not to sue Gautreaux's Martial Arts, its respective administrators, directors, agents, officers, volunteers and employees, other participants, any sponsors, advertisers and if applicable, owners, lessors of premises on which the activity takes place, (each considered one of the "releasees" herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue against any of the Releasees, I will indemnify, save and hold harmless each of the Releasees from any loss, liability, damage or cost which may incur as the result of such claim.

I have read the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

PARENTAL CONSENT

And I, the minor's parent and/or legal guardian, understand the nature of the above referenced activities and the Minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby Release, discharge, covenant not to sue and **AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS** each of the Releasees from all liability, claims, demands, losses or damages on the minor's account caused or alleged to have been caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releasees, **I WILL INDEMNIFY, SAVE AND HOLD HARMLESS** each of the releases from any litigation expenses, attorney fees, loss liability, damage or cost any Releasees may incur as the result of any such claim.

PHOTO RELEASE

I give Gautreaux's Martial Arts permission to photograph my child(ren) during any activity sponsored by Gautreaux's Martial Arts and reproduce photographs taken for the purpose of publication, promotion, illustration, advertising or trade in any manner or any media.

Signature of Parent/Legal Guardian

Date

FORM OF PAYMENT: _____ **CHECK** _____ **CASH** **Please attach to waiver**