

ARE YOU READY?

Ricky Ervins' Xtreme Xplosion
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Ricky Ervins' Train While You Wait Program

While your son or daughter is training to be the best that they can be, why don't you do the same? Train with former Washington Redskin running back and local area personal trainer, Ricky Ervins, in his "Train While You Wait" program. The program consists of agility drills, circuits, body weight training, and cardio training. Its guarantee to kick your butt into shape! So, if you're bored and you are not afraid of a little pain, then Ricky Ervins' "Train While You Wait" program is for you.

Sessions: Continuous enrollment throughout the summer and fall

Location: Eagle Ridge Middle School, Ashburn, VA

Time: Tue and Thursday 6:00 to 7:00 p.m.

Cost: \$185 for 10 sessions

Participant's Name: _____ ***Age:*** _____

Parent/Guardian Name: _____ ***Phone:*** _____

Email: _____ ***Cell:*** _____

Home Address: _____

Insurance Carrier: _____ ***Policy#*** _____

In return for myself ("Participant") participating in Ricky Ervins' Train While You Wait, (the "Program"), I release and agree not to sue Richard Ervins Jr., Xtreme Xplosion, venues associated with the training for the Program, and their employees, sub-contractors, sponsors, agents, and affiliates from all present and future claims that may be made by the Participant, my family, estate, heirs, or assigns for property damage, personal injury, or wrongful death arising as a result of Participant's participation in the Program and caused by the ordinary negligence of the parties listed above, wherever, whenever, or however the same may occur. I understand and agree that those listed above are not responsible for any injury or property damage arising out of the Program, even if caused by their ordinary negligence. I understand that participation in the Program involves certain risks, including, but not limited to, serious injury. I am voluntarily participating in the Program with knowledge of the danger involved and agree to accept all risks of such participation. I certify that the Participant is in excellent physical health, and may participate in strenuous and hazardous physical activities. Permission is granted for Participant to receive emergency medical treatment, if needed. I also agree to indemnify and hold harmless those listed above for all claims arising out of Participant's participation in the Program and all related activities. I agree to let the parties use Participant's name and likeness free of charge in any manner and for any purpose without compensation to Participant. I understand that this document is intended to be as broad and inclusive as permitted by the laws of the state in which the Program is taking place and agree that if any portion of this Agreement is invalid, the remainder will continue in full legal force and effect. I further agree that any legal proceedings related to this waiver will take place in Leesburg, Virginia. I am of legal age and am freely signing this Agreement. I have read this form and understand that by signing this form, I am giving up legal rights and remedies. I agree that the terms of this release are binding on me.

PARTICIPANT SIGNATURE: _____ ***DATE:*** _____

For more information go to
www.xtremexplosion.net

The difference between ordinary and extraordinary
is that little extra effort. **Be that extra effort.** – Ricky Ervins