



## **Instructor: Chris Kilday**

U.S. Handball Association Certified Coach, 35 years of handball playing experience,  
Current Masters Champion(40+)

## **East**

### **Saturdays**

**September 11–December 18, 2010**

**Ages 8–13, 1–2:30pm**

**Ages 14–18, 2:30–4pm**

**\$10 per class, or  
\$50 member, \$60 nonmember  
for full Session**

The class size is limited to 16.

## **Lesson Topics:**

Eye/Hand Coordination  
Drills and Proper Stroke Techniques  
Overhand, Sidearm and Underhand  
Cooperative and Competitive Play  
Rules, Conduct and Sportsmanship

# Youth Handball

## East Saturdays September 11–December 18, 2010

Name: \_\_\_\_\_  Check if you are a member of The Alaska Club.  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
School \_\_\_\_\_ Playing level:  Beginner  Intermediate  Advanced  
 Ages 8–13  Ages 14–18  
Telephone (day): \_\_\_\_\_ (evening): \_\_\_\_\_ E-mail: \_\_\_\_\_  
Member #: \_\_\_\_\_  
Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Entry form must be signed by participant's parent or legal guardian in order for this application to be accepted.  
Please fill out the following information.

### NON-MEMBER WAIVER AND RELEASE OF CLAIMS

I expressly agree that use of the Club's facilities and any transportation provided by the Club shall be undertaken by myself and my minor dependents, if any, at our sole risk. In consideration for being permitted (1) use of the Club's facilities or (2) participation in activities and programs sponsored by the Club, I, for myself and on behalf of my heirs, successors and assigns, as well as on behalf of my minor dependents who utilize the Club's facilities or participate in activities or programs sponsored by the Club, do hereby forever release and discharge the Club, its owners, officers, employees, agents, assigns and successors from all claims, demands, causes of actions, lawsuits and liability for any death, injury or damages of any nature whatsoever incurred while using the Club's facilities or equipment, or while participating in any Club sponsored activity, or while utilizing any transportation provided by the Club, including without any limitation, those injuries, deaths or damages resulting from acts of active or passive negligence on the part of the Club, its officers, agents or employees. Further, in consideration for being permitted (1) use of the Club's facilities or (2) participation in activities and programs sponsored by the Club, I release and discharge the Club from any claim for personal property damaged, lost or stolen in or about the Club, or in lockers, or for loss or damages to any property including but not limited to automobiles and the contents thereof while on the Club's premises.

### CAUTION – READ BEFORE SIGNING

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
(Required by all players. Parent or Guardian must sign if under 18)

Members:  \$50

Nonmembers:  \$60

Cash  Check# \_\_\_\_\_  Member Charge # \_\_\_\_\_

All faxed entries must have complete credit card information or member number.

Visa/MC#: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Cardholder Name (please print): \_\_\_\_\_

Signature: \_\_\_\_\_

Total \$ Owed: \_\_\_\_\_ Total Paid: \_\_\_\_\_

**Fax this form to (907) 561-2946 or register at The Alaska Club East or Midtown.**

Register Code: RB003 \*Please staple receipt to back of entry form\*



**THE ALASKA CLUB**  
www.thealaskaclub.com