

**FASTPITCH HEADQUARTERS INC.**  
and  
**LINDA DERK, INC.**  
LDI SPORTS CONSULTING AND INSTRUCTION

presents

## **“PRACTICE WITH THE PROS”**

LDI Sports Consulting and Instruction has a mission to offer quality instruction to youth and coaches across the country. For the last 22 years Linda Derk has done that.

“Practice with the Pros” is a concept designed to enhance team practices and private instruction. The student-athlete will be immersed in an age specific, structured, fundamentally intense hour and a half practice that will help take their game to the next level. Practices will be designed by professionals and run by professionals.

Do you need more practice time? Do you want to enhance private lessons or to work on your mental training? Do you want to be a better team player or just want to learn more about the fundamental game of fastpitch softball? Do you want to see what professional practices are like?

“Practice with the Pros” is right for you. Be prepared to learn a lot.

**WHEN:** 4 SATURDAYS DURING THE FALL. Sept 20, Oct 4, Oct 25, and Nov 15.

**TIMES:** 8s & 10s at 9am  
12s & 14s at 11am  
High School at 1pm

**WHERE:** DOUGLAS HIGH SCHOOL, PARKLAND FL (near Coral Springs)

**WHO:** INDIVIDUAL PLAYERS OR FULL TEAMS. SPACE IS LIMITED.

**FEE:** \$130 PER PERSON  
4 - 1 ½ HOUR PRACTICES – 6 INTENSE HOURS TOTAL

TO REGISTER FOR PRACTICE WITH THE PROS, GO TO [WWW.FASTPITCHHEADQUARTERS.COM](http://WWW.FASTPITCHHEADQUARTERS.COM) AND LINK TO “PLAYER SERVICES”, AND THEN TO “TOURNAMENTS, CAMPS AND CLINICS”.

YOU MUST REGISTER ONLINE. YOU CAN PAY BY CHECK OR BY CREDIT CARD.

ALL PLAYERS MUST PRESENT A SIGNED RELEASE FORM (BELOW) TO PARTICIPATE. THE FORM CAN BE FAXED TO 954-252-9063 OR DELIVERED ON THE FIRST DAY OF PRACTICE. NO ONE WILL BE ALLOWED TO PRACTICE WITHOUT THE SIGNED RELEASE.

IF YOU HAVE QUESTIONS ABOUT PRACTICE WITH THE PROS, CONTACT LINDA DERK AT 561-632-0511 or EMAIL HER AT [laderk24@aol.com](mailto:laderk24@aol.com). ALSO PLEASE VISIT HER WEBSITE AT [WWW.LDISPORTS.ORG](http://WWW.LDISPORTS.ORG).



**RELEASE FORM**

**LINDA DERK, INC. (LDI) and FASTPITCH HEADQUARTERS INC.**

***Read before signing***

In consideration of being allowed to participate in the following activity:

I, \_\_\_\_\_, hereby RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE Linda Derk, Inc., Fastpitch Headquarters Inc., their Boards of Directors, or any officers, agents or employees (hereinafter referred to as "RELEASED PARTIES") from any and all liability, claims, demands, actions and causes of action whatsoever arising out of or related to any loss, damage or injury that may be sustained by me, or to any property belonging to me, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASED PARTIES, or otherwise.

To the best of my knowledge, I am physically fit and fully able to participate as anticipated, I am fully aware of risks and hazards connected with this activity, and I hereby elect to voluntarily participate in such activity. I VOLUNTARILY ASSUME FULL RESPONSIBILITY FOR ANY RISKS OF LOSS, PROPERTY DAMAGE OR PERSONAL INJURY that may be sustained by me, or any loss or damage to property owned by me, as a result of being engaged in such activity, WHETHER CAUSED BY THE NEGLIGENCE OF RELEASED PARTIES, or otherwise.

It is my express intent that this Release shall be binding upon the members of my family, spouse, heirs, assignees and personal representative (as applicable) and shall be deemed as a RELEASE, WAIVER, DISCHARGE AND COVENANT NO TO SUE the above-named RELEASED PARTIES. I hereby further agree that this Release shall be construed in accordance with the laws of the State of Florida.

IN SIGNING THIS RELEASE, I ACKNOWLEDGE AND REPRESENT THAT I have read it, understand it and sign it voluntarily as my own free act and deed; no oral representations, statements or inducements have been made; I am at least eighteen (18) years of age and fully competent or, if under 18, my parent or guardian has signed below, and I execute this Release in full, adequate and complete consideration, fully intending to be bound by the same.

Signed this \_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_\_.

\_\_\_\_\_  
Participant's Name (Print)

\_\_\_\_\_  
Signature

***FOR PARENTS/GUARDIANS OF PARTICIPANTS  
UNDER AGE 18 AT TIME OF PARTICIPATION***

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release provided above, of all the Released Parties, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Released Parties from any and all liability incident to this minor child's involvement or participation in these programs as provided above, even if arising from the negligence of the Released Parties, to the fullest extent permitted by law.

Signed this \_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_\_.

\_\_\_\_\_  
Parent/Guardian's Name (Print)

\_\_\_\_\_  
Signature

***EMERGENCY PHONE NUMBERS:***

Name

Phone Number

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
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