

RELEASE, HOLD HARMLESS AND INDEMNITY AGREEMENT

I understand that the acceptance of any person for participation in any of the activities or events of the Woodlands Marlins Swim Team does not confer any responsibility or legal duty of any kind upon the Northwest Aquatic League ("NWAL") or the Woodlands Marlins Swim Team (the "Marlins") or any other entity involved with such activities or events.

I do hereby, for and on behalf of myself, and my heirs, assigns and legal representatives RELEASE and forever discharge the Marlins, NWAL, and any of its affiliated swim teams and their respective officers, directors, representatives, coaches, agents and volunteers from any and all claims, demands, and causes of action, howsoever arising, whether caused by the negligent or intentional acts or omissions of the Marlins, NWAL, or any of its affiliated swim teams or their respective officers, directors, representatives, coaches, agents or volunteers related to my participation in activities or events of the Marlins and any travel to or from such activities or events described. All such claims, demands and causes of action are hereby WAIVED and RELEASED, and I agree not to sue therefor.

The swimmer, parent or guardian, by signing below, does hereby agree to INDEMNIFY AND HOLD HARMLESS the Marlins, NWAL, and any of its affiliated swim teams and their respective officers, directors, coaches, representatives, agents and volunteers, from any liability resulting from any person's participation in the activities or events of the Woodlands Marlins Swim Team, however arising and whether caused by the negligent or intentional acts or omissions of the Woodlands Marlins Swim Team, NWAL, or any of its affiliated swim teams or their respective officers, directors, coaches, representatives, agents and volunteers.

I HAVE READ AND UNDERSTAND THE FOREGOING RELEASE, HOLD HARMLESS AND INDEMNITY AGREEMENT.

Swimmer

Date

Parent or Guardian