

# 2018 Nutmeg High School Weight Lifting Competition

## COACHES FORM

Rules, Fee Information available at: [www.NutmegStateGames.org](http://www.NutmegStateGames.org)

Phone: (860)788 7041 Fax: (860) 894 2654 Email: [Nutmeg@nutmegstategames.org](mailto:Nutmeg@nutmegstategames.org)

March 10<sup>th</sup> – New Britain High School, New Britain CT



TEAM NAME: \_\_\_\_\_

# ATHLETES ON ROSTER: \_\_\_\_\_ REGION\*: (Circle One) North South East West

\*Visit: [https://nutmegstategames.org/images/docs/NSG\\_Region\\_Map\\_and\\_Town\\_List.pdf](https://nutmegstategames.org/images/docs/NSG_Region_Map_and_Town_List.pdf)

Head Coach (First & Last Name) : \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Mobile Phone #: \_\_\_\_\_ Home Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

Assistant Coach (First & Last Name): \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Mobile Phone #: \_\_\_\_\_ Home Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

HOW DID YOU HEAR ABOUT THE SHOPRITE NUTMEG STATE GAMES? (Circle Best)

Coach Email Newspaper Postcard Poster Previous Participant Radio Web Search Other: \_\_\_\_\_

A COMPLETED TEAM PACKET **IS REQUIRED** FOR THIS TOURNAMENT

**REGISTRATION DEADLINE:** MONDAY, DECEMBER 9<sup>TH</sup>

**ROSTER SUBMISSION DEADLINE:** MONDAY, DECEMBER 18<sup>TH</sup>

TEAM PACKET INCLUDES:

1. Completed Coaches Form
  2. Completed Team Roster (All sections complete)
  3. Completed Team Sport Athlete Form for each athlete on roster
  4. Proof of Age (e.g. Copy of Birth Certificate) for each athlete on roster
  5. Payment – Credit card or ONE check covering the entire entry fee
- Note:** Your spot is *not* secured until payment has been received

Please mail completed team packet to:

Connecticut Sports Management Group, Inc.

975 Middle Street, Unit G

Middletown, CT 06457

Email: [Nutmeg@NutmegStateGames.org](mailto:Nutmeg@NutmegStateGames.org)

Fax: (860) 894-2654

**NUTMEG STATE GAMES  
WEIGHT LIFTING  
COMPETITION**

PRESENTED BY:

CONNECTICUT  
**NATIONAL GUARD**  
NATIONALGUARD.com • 1-888-GO-GUARD

FOLLOW US!



NutmegStateGames



@NutmegStateGames

# 2018 Nutmeg High School Weight Lifting Competition- ATHLETE WAIVER FORM

**(This form is required for EACH athlete on the roster)**



TEAM NAME: \_\_\_\_\_

Athlete Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Mobile Number: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone # : \_\_\_\_\_

### Release of Liability Waiver, Pledge and Consent Form

In consideration of being allowed to participate in any way with the Connecticut Sports Management Group, Inc., (hereby referred to as: CSMG), its related events and activities i.e. (Nutmeg State Games, CT Masters Games, Football Showcase, Weight Lifting Competition etc.),

I, (Print Name) \_\_\_\_\_ the undersigned, acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the CSMG immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS CSMG, Inc, their officers, officials, agents and/or employees, volunteers, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessor's of premises used or the activity ("Releasees") WITH REPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property associated with my presence or participation WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEESEES OR OTHERWISE, to the fullest extent permitted by law; and,
5. I declare that to the best of my knowledge, I am in good physical condition and have no disease or injury that would be aggravated by my participation in activities related to the CSMG, Inc. (Nutmeg State Games, CT Masters Games etc.), its related events and activities.
6. I, also, declare on my honor that I am an amateur and fulfill the conditions stipulated by the CSMG, Inc. (Nutmeg State Games, CT Masters Games etc.), and all of its related events and activities. I will compete in the Games, keep myself in top physical condition and retain my amateur status; and,
7. I hereby consent to allow my picture or likeness to appear on web and social media pages as well as promotional materials related to the "Games". I hereby also consent to allow my picture or likeness to appear in any official documentary, sponsor advertisement or exclusive television coverage of the Nutmeg State Games in any manner incidental to my participation in the Nutmeg State Games and without compensation to me; and,
8. I declare that I have personal medical coverage and that I have read all of the above and understand the release and waiver, and by signing it agree to all its items.

**I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.**

### FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE (UNDER AGE AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant do consent and agree to his/her release as provided above of all the Releasee's, and, for myself, my child and our heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasee's from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

\_\_\_\_\_  
PARENT/GUARDIAN'S SIGNATURE

\_\_\_\_\_  
PRINT NAME

\_\_\_\_\_  
DATE SIGNED

PARTICIPANTS SIGNATURE \_\_\_\_\_ AGE: \_\_\_\_\_ DATE: \_\_\_\_\_

## 2018 Nutmeg High School Football Weight Lifting Competition Roster

1. Please List up to 3 lifters per weight class - Athletes need not lift in every event. 2. Please Print.



Team Name: \_\_\_\_\_

Coach: \_\_\_\_\_ Coach Cell: \_\_\_\_\_

| SQUAT                | BENCH                | PCLEAN               |
|----------------------|----------------------|----------------------|
| <u>160 and Under</u> | <u>160 and Under</u> | <u>160 and Under</u> |
|                      |                      |                      |
|                      |                      |                      |
| <u>161 to 180</u>    | <u>161 to 180</u>    | <u>161 to 180</u>    |
|                      |                      |                      |
|                      |                      |                      |
| <u>181 to 200</u>    | <u>181 to 200</u>    | <u>181 to 200</u>    |
|                      |                      |                      |
|                      |                      |                      |
| <u>201 to 220</u>    | <u>201 to 220</u>    | <u>201 to 220</u>    |
|                      |                      |                      |
|                      |                      |                      |
| <u>Over 220</u>      | <u>Over 220</u>      | <u>Over 220</u>      |
|                      |                      |                      |
|                      |                      |                      |

Details - Visit: [www.NutmegStateGames.org/team-sports/weight-lifting/](http://www.NutmegStateGames.org/team-sports/weight-lifting/)

Questions? Call the office: 860-788-7041

Email Roster to: [Patrick@NutmegStateGames.org](mailto:Patrick@NutmegStateGames.org)

Fax Roster to: 860-894-2654

**WEST REGION**

- Avon
- Barkhamsted
- Bethel
- Bethlehem
- Bridgewater
- Bristol
- Brookfield
- Burlington
- Canaan
- Canton
- Cheshire
- Colebrook
- Cornwall
- Danbury
- Farmington
- Goshen
- Granby
- Hartland
- Harwinton
- Kent
- Litchfield
- Middlebury
- Morris
- Naugatuck
- New Fairfield
- New Hartford
- New Milford
- Newtown
- Norfolk
- North Canaan
- Oxford
- Plainville
- Plymouth
- Prospect
- Redding
- Ridgefield
- Roxbury
- Salisbury
- Sharon
- Sherman
- Simsbury
- Southbury
- Southington
- Thomaston
- Torrington
- Warren
- Washington
- Waterbury
- Watertown
- Winchester
- Wolcott
- Woodbury



**SOUTH REGION**

- Ansonia
- Beacon Falls
- Bethany
- Bridgewater
- Darien
- Derby
- East Haven
- Easton
- Fairfield
- Greenwich
- Hamden
- Milford
- Monroe
- New Canaan
- New Haven
- North Haven
- Norwalk
- Orange
- Seymour
- Shelton
- Stamford
- Stratford
- Trumbull
- West Haven
- Weston
- Westport
- Wilton
- Woodbridge

**NORTH**

**NORTH REGION**

- Ashford
- Berlin
- Bloomfield
- Bolton
- Brooklyn
- Chaplin
- Coventry
- Eastford
- East Granby
- East Hartford
- East Windsor
- Ellington
- Enfield
- Glastonbury
- Hampton
- Hartford
- Killingly
- Manchester
- Mansfield
- New Britain
- Newington
- Pomfret
- Putnam
- Rocky Hill
- Somers
- South Windsor
- Stafford
- Suffield
- Thompson
- Tolland
- Union
- Vernon
- West Hartford
- Wethersfield
- Willington
- Windsor
- Windsor Locks
- Woodstock



**EAST REGION**

- Andover
- Bozrah
- Branford
- Canterbury
- Chester
- Clinton
- Colchester
- Columbia
- Cromwell
- Deep River
- Durham
- East Haddam
- East Hampton
- East Lyme
- Essex
- Franklin
- Griswold
- Groton
- Guilford
- Haddam
- Hebron
- Killingworth
- Lebanon
- Ledyard
- Lisbon
- Lyme
- Madison
- Marlborough
- Meriden
- Middlefield
- Middletown
- Montville
- New London
- No. Branford
- No. Stonington
- Norwich
- Old Lyme
- Old Saybrook
- Plainfield
- Portland
- Preston
- Salem
- Scotland
- Sprague
- Sterling
- Stonington
- Voluntown
- Wallingford
- Waterford
- Westbrook
- Willimantic
- Windham