

OKLAHOMA STATE 2025 GRAND PRIX

BREAKING/POOMSAE/DEMO TEAM/ OLYMPIC SPARRING

SAVE THE DATE

ALL SPARRING DIVISIONS

**HOSTED BY:
GOLDEN DRAGON TAEKWONDO**

MARCH 29th 2025

TIME: 8AM-6PM
Doors open at 7:30AM

LOCATION: FRANK HERALD FIELDHOUSE
MAIN COURT - 401 E B ST, JENKS OK 74037

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March 29th, 2025
Oklahoma State
Grand Prix

Golden Dragon Taekwondo is excited to invite you to the Oklahoma State Grand Prix 2025 on March 29, 2025, from 9 AM to 6 PM, at the Frank Herald Fieldhouse, located at 401 E B St, Jenks, OK 74037. This event will feature competitions in forms, breaking, and sparring.

Early registration is encouraged, with the deadline on March 15, 2025.

For more information and to register, please visit the official event page:
okgp.oktkdevents.com

We look forward to seeing you there!

Sponsored By:



The bank that believes in you.



Organized By:



www.goldendragontkd.com

Golden Dragon Taekwondo

7807 East 91st Street Tulsa, OK 74133

Phone: (918)938-9438 or (918)202-4117

Contact Information: www.goldendragontkd.com Master. Hwan Soo Seo
contacttulsa@goldendragontkd.com contactmidtown@goldendragontkd.com

SCHEDULE OF EVENTS

SATURDAY, MARCH 29TH, 2025

7 AM	VOLUNTEER MEETING
7:30 AM	DOORS OPEN/CHECK-INS [ALL COMPETITORS WILL GET CREDENTIALS DURING CHECK-IN ONLY]
8 AM~9 AM	COACHES MEETING
9 AM~11 AM	POOMSAE & BREAKING FOR ALL RANKS [ALL AGES]
10 AM~12 PM	WEIGH-INS FOR BLACK BELT SPARRING [BLACK BELTS ONLY]
11 AM ~ 1 PM	OPENING CEREMONY/OBSTACLE COURSE [4-7 YEAR OLDS] DEMO TEAM SPECIAL EVENT LUNCH BREAK
1 PM~6 PM	SPARRING FOR ALL DIVISIONS

**ALL EVENTS WILL TAKE PLACE AT THE FRANK HERALD
FIELDHOUSE MAIN COURT @ JENKS HIGH SCHOOL
ADDRESS: 401 E B ST., JENKS, OK 74037**



Detailed report times will be published prior to the start of the competition on the OK Taekwondo Events website (<https://okgp.oktkdevents.com/>) Match numbering will be used for all sparring divisions. Sparring brackets will be posted to the OK Taekwondo Events website the evening before the competition after the close of weigh-in. Designated poomsae will be posted 1 week prior to the start of the competition.

REGISTRATION & QUALIFICATION REQUIREMENTS

REGISTRATION REQUIREMENTS:

NO REFUNDS will be given for any reason. Registration Deadlines end at 11:59pm (Mountain Time) on the respective dates.

- Athletes and coaches must pay IN FULL by the early, regular, or final registration deadline to receive the registration fee at that rate. This means if you register during the Early Registration period but do not pay by the deadline you will have to pay the fee applicable for the registration period when you pay.

QUALIFICATIONS:

- Athletes must be at least 5 years of age as of December 31, 2025, to compete in this event.
- All sparring competitors must also present their own official State issued ID, Passport at the time of weigh-in.
- Any participants found on the competition floor without a valid credential will be asked to leave the competition floor and may be removed from the competition completely violating any of the policies, Procedures, or code of conduct.

REGISTRATION DEADLINES & FEES

ATHLETES					
Division (Sparring/Poomsae)	Early Registration Fee	Early Registration Deadline	Regular Registration Fee	Regular Registration Deadline	
1 st Division	\$120.00	MARCH 16TH	\$130.00	MARCH 24TH	
2 nd Division	\$150.00	MARCH 16TH	\$160.00	MARCH 24TH	
3 rd Division	\$180.00	MARCH 16TH	\$190.00	MARCH 24TH	
Position	Early Registration Fee	Early Registration Deadline	Regular Registration Fee	Regular Registration Deadline	Onsite Registration Fee
Coach	\$0	MARCH 16T	0	MARCH 24T	0

Registration Deadlines end at 11:59pm (Mountain Time).

METHOD OF COMPETITION

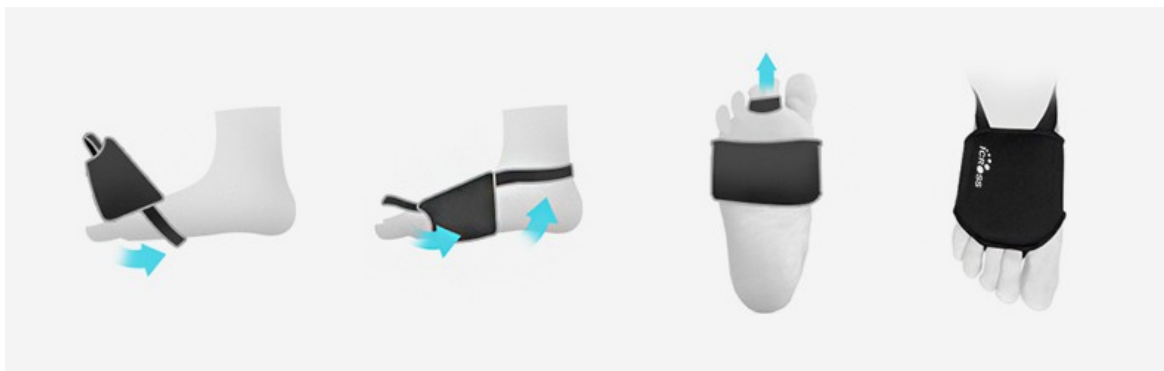
SPARRING: Cadet (12-14), Junior (15-17), Senior (17-32) and Ultras (33+) competitors will use current USA Taekwondo competition rules. Dragon (6-7), Tiger (8-9), and Youth (10-11) competitors will use USA Taekwondo's Junior Safety rules.

SCORING EQUIPMENT:

ICROSS Hogu and Headgear will be provided for all all Dragon (6-7), Tiger (8-9), and Youth (10-11) Sparring Divisions. All Youth Dragon (6-7), Tiger (8-9), Youth (10-11), Cadet (12-14), and Junior (15-17), Senior (17-32), Ultra (33+) and Para Divisions.

All sparring divisions competitors must bring their own KPNP & ICROSS Sensor Socks.

- If you compete for sparring you need to have KPNP foot gear or you can purchase ICROSS foot gear from the competition location. **The price is \$50.00**



SPARRING DIVISIONS - WEIGHT CATEGORIES

All Divisions Are Black Belts ONLY. Note: Not Exceeding means the weight limit is defined by the criterion of one decimal place away from the stated limit. For Example, not exceeding 50kg is established as until 50.0kg with 50.1kg being over the limit resulting in disqualification.

SENIOR (17-32) SPARRING 3 ROUNDS, 2MINUTES

CLASSIFICATION	MALE DIVISIONS WEIGHT CATEGORY (KG)	FEMALE DIVISIONS WEIGHT CATEGORY (kg)
FIN	Not Exceeding 54kg	Not Exceeding 46kg
FLY	Over 54kg & Not Exceeding 58kg	Over 46kg & Not Exceeding 49kg
BANTAM	Over 58kg & Not Exceeding 63kg	Over 49kg & Not Exceeding 53kg
FEATHER	Over 63kg & Not Exceeding 68kg	Over 53kg & Not Exceeding 57kg
LIGHT	Over 68kg & Not Exceeding 74kg	Over 57kg & Not Exceeding 62kg
WELTER	Over 74kg & Not Exceeding 80kg	Over 62kg & Not Exceeding 67kg
MIDDLE	Over 80kg & Not Exceeding 87kg	Over 67kg & Not Exceeding 73kg
HEAVY	Over 87kg	Over 73kg

JUNIOR (15-17) SPARRING 3 ROUNDS, 1 MINUTE 30 SECONDS

CLASSIFICATION	MALE DIVISIONS WEIGHT CATEGORY (KG)	FEMALE DIVISIONS WEIGHT CATEGORY (kg)
FIN	Not Exceeding 45kg	Not Exceeding 42kg
FLY	Over 45kg & Not Exceeding 48kg	Over 42kg & Not Exceeding 44kg
BANTAM	Over 48kg & Not Exceeding 51kg	Over 44kg & Not Exceeding 46kg
FEATHER	Over 51kg & Not Exceeding 55kg	Over 46kg & Not Exceeding 49kg
LIGHT	Over 55kg & Not Exceeding 59kg	Over 49kg & Not Exceeding 52kg
WELTER	Over 59kg & Not Exceeding 63kg	Over 52kg & Not Exceeding 55kg
LIGHT MIDDLE	Over 63kg & Not Exceeding 68kg	Over 55kg & Not Exceeding 59kg
MIDDLE	Over 68kg & Not Exceeding 73kg	Over 59kg & Not Exceeding 63kg
LIGHT HEAVY	Over 73kg & Not Exceeding 78kg	Over 63kg & Not Exceeding 68kg
HEAVY	Over 78kg	Over 68kg

CADET (12-14) SPARRING 3 ROUNDS, 1 MINUTE

CLASSIFICATION	MALE DIVISIONS WEIGHT CATEGORY (KG)	FEMALE DIVISIONS WEIGHT CATEGORY (kg)
FIN	Not Exceeding 33kg	Not Exceeding 29kg
FLY	Over 33kg & Not Exceeding 37kg	Over 29kg & Not Exceeding 33kg
BANTAM	Over 37kg & Not Exceeding 41kg	Over 33kg & Not Exceeding 37kg
FEATHER	Over 41kg & Not Exceeding 45kg	Over 37kg & Not Exceeding 41kg
LIGHT	Over 45kg & Not Exceeding 49kg	Over 41kg & Not Exceeding 44kg
WELTER	Over 49kg & Not Exceeding 53kg	Over 44kg & Not Exceeding 47kg
LIGHT MIDDLE	Over 53kg & Not Exceeding 57kg	Over 47kg & Not Exceeding 51kg
MIDDLE	Over 57kg & Not Exceeding 61kg	Over 51kg & Not Exceeding 55kg
LIGHT HEAVY	Over 61kg & Not Exceeding 65kg	Over 55kg & Not Exceeding 59kg
HEAVY	Over 65kg	Over 59kg

YOUTH (10-11) SPARRING 3 ROUNDS, 1 MINUTE

CLASSIFICATION	MALE DIVISIONS WEIGHT CATEGORY (KG)	FEMALE DIVISIONS WEIGHT CATEGORY (KG)
Fin	Not Exceeding 30kg	Not Exceeding 30kg
Light	Over 30kg & Not Exceeding 35kg	Over 30kg & Not Exceeding 35kg
Middle	Over 35kg & Not Exceeding 40kg	Over 35kg & Not Exceeding 40kg
Heavy	Over 40kg	Over 40kg
TIGER (8-9) SPARRING 3 ROUNDS, 1 MINUTE		
CLASSIFICATION	MALE DIVISIONS WEIGHT CATEGORY (KG)	FEMALE DIVISIONS WEIGHT CATEGORY (KG)
Fin	Not Exceeding 21kg	Not Exceeding 21kg
Light	Over 21kg & Not Exceeding 25kg	Over 21kg & Not Exceeding 25kg
Middle	Over 25kg & Not Exceeding 30kg	Over 25kg & Not Exceeding 30kg
Heavy	Over 30kg	Over 30kg
DRAGON (6-7) SPARRING 2 ROUNDS, 1 MINUTE		
CLASSIFICATION	MALE DIVISIONS WEIGHT CATEGORY (KG)	FEMALE DIVISIONS WEIGHT CATEGORY (KG)
Fin	Not Exceeding 19kg	Not Exceeding 19kg
Light	Over 19kg & Not Exceeding 23kg	Over 19kg & Not Exceeding 23kg
Middle	Over 23kg & Not Exceeding 27kg	Over 23kg & Not Exceeding 27kg
Heavy	Over 27kg	Over 27kg
ULTRA (33+) SPARRING – AGE Division: 33 – 45 & 46+) 3 ROUNDS, 1 MINUTE		
CLASSIFICATION	MALE DIVISIONS WEIGHT CATEGORY (KG)	FEMALE DIVISIONS WEIGHT CATEGORY (kg)
Fly	Not Exceeding 58kg	Not Exceeding 49kg
Light	Over 58kg & Not Exceeding 68kg	Over 49kg & Not Exceeding 57kg
Middle	Over 68kg & Not Exceeding 80kg	Over 57kg & Not Exceeding 67kg
Heavy	Over 80kg	Over 67kg

- **Athletes in the Youth (10-11), Cadet (12-14), and Junior (15-17) divisions will weigh in wearing clothing or dobok ONLY.** Athletes will be given a 0.2kg cushion for clothing.
- **All Color Belt Sparring competitors must wear face shields.** Face shields will be provided, but you are welcome to bring your own.
 - **All Sparring Competitors aged 10+ will be allowed to do head kicks.**
 - **All Color Belt competitors aged 10+ must perform light head kicks.**
 - **All Black Belt competitors, regardless of age, will be allowed to do head kicks.**

POOMSAE DIVISIONS – AGE CATEGORIES

All of the poomsae divisions except for the 6-7 (Dragon), 8-9 (Tiger), and 10-11 (Youth) Individuals & Pairs will follow the WT format. The Youth divisions will use a modified WT format which will have a preliminary round, a semifinal round, and a final, non-bracketed round. The final round will be for the top eight competitors. The top four scores will be the gold, silver, and two bronze medalists.

INDIVIDUAL POOMSAE			
AGE CLASSIFICATION	AGE DIVISIONS	RANK	COMPETITION TYPE
Dragon	6-7 Years Old	1 st – 9 th	Modified WT Format
Tiger	8-9 Years Old	1 st – 9 th	Modified WT Format
Youth	10-11 Years Old	1 st – 9 th	Modified WT Format
Cadet	12-14 Years Old	1 st – 9 th	WT Format
Junior	15-17 Years Old	1 st – 9 th	WT Format
1 st Senior	18-30 Years Old	1 st – 9 th	WT Format
2 nd Senior	31-40 Years Old	1 st – 9 th	WT Format
1 st Masters	1-50 Years Old	1 st – 9 th	WT Format
2 nd Masters	51-60 Years Old	1 st – 9 th	WT Format
3 rd Masters	61-65 Years Old	1 st – 9 th	WT Format
4 th Masters	66 & Older	1 st – 9 th	WT Format
PAIRS POOMSAE (Co-Ed)			
AGE CLASSIFICATION	AGE DIVISIONS	RANK	COMPETITION TYPE
Youth	10-11 Years Old	1 st – 9 th	Modified WT Format
Cadet	12-14 Years Old	1 st – 9 th	WT Format
Junior	15-17 Years Old	1 st – 9 th	WT Format
1 st Pairs	18-30 Years Old	1 st – 9 th	WT Format
2 nd Pairs	31 & Older	1 st – 9 th	WT Format
TEAM POOMSAE			

Poomsae Rules

- All Black Belt Poomsae competitors may choose their own Poomsae for all Black Belt Poomsae divisions.
 - Color Belt competitors must perform the designated Poomsae for their belt rank.
 - Divisions will be separated by age and belt rank.
 - Scoring will be based on accuracy, presentation, and power.
- Competitors will perform individually, and the highest-scoring athletes will advance to the final round.

AGE CLASSIFICATION	AGE DIVISIONS	RANK	COMPETITION TYPE
Youth	10-11 Years Old	1 st – 9 th	Modified WT Format
Cadet	12-14 Years Old	1 st – 9 th	WT Format
Junior	15-17 Years Old	1 st – 9 th	WT Format
1 st Team	18-30 Years Old	1 st – 9 th	WT Format
2 nd Team	31 & Older	1 st – 9 th	WT Format

INDIVIDUAL FREESTYLE POOMSAE

AGE CLASSIFICATION	AGE DIVISION	RANK	COMPETITION TYPE
Cadet/Junior	12-17 Years Old	1 st – 9 th	WT Format
Cadet/Junior	12-17 Years Old	1 st – 9 th	WT Format
Senior	18 Years & Older	1 st – 9 th	WT Format
Senior	18 Years & Older	1 st – 9 th	WT Format

PAIRS FREESTYLE POOMSAE (Co-Ed)

AGE CLASSIFICATION	AGE DIVISION	RANK	COMPETITION TYPE
Cadet/Junior	12-17 Years Old	1 st – 9 th	WT Format
Senior	18 Years & Older	1 st – 9 th	WT Format

TEAM FREESTYLE POOMSAE (Co-Ed)

AGE CLASSIFICATION	AGE DIVISION	RANK	COMPETITION TYPE
Cadet/Junior	12-17 Years Old	1 st – 9 th	WT Format
Senior	18 Years 7 Older	1 st – 9 th	WT Format

2nd Team (31+)

Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon,
Shipjin, Jitae, Chonkwon

AWARDS

2025 OK STATE GRAND PRIX medals will be given to the top four (4) athletes, in the respective divisions and weight Categories. 1st Place - Gold Medal, 2nd Place – Silver Medal, & two (2) 3rd Place – Bronze medals in all sparring and poomsae divisions.

Team awards will be given to the top four (4) teams in each of the Men's and Women's Senior Sparring Classifications, based on the point system below:

Rationale
Gold Medal
Silver Medal
Bronze Medal

Awards will also be given to the Best Male and Best Female athlete in the Senior Sparring Division, Best Male and Female International Referees and Best Male and Female Team Coach. These awards will be determined and awarded after the conclusion of the final day of the Senior Sparring Division

SPECTATOR TICKETS

Tickets can be purchased on event days at the Frank Herald House “Main Court”. All ticket sales are non-refundable and not exchangeable. Tickets are subject to availability and capacity limits.
Prices subject to change without notice.

Event Admission & Payment Policies

- **Children under 4 enter for FREE.**
- **Payments accepted in CASH ONLY.**
 - No credit cards will be accepted.
- **Cards will not be accepted at the front as a payment method.**
- **Boards must be purchased with CASH ONLY.**

TICKET PRICING	
Event Ticket Ages 4+ And Adult Children Under 4 years - FREE	
	\$15.00

COLOR BELT APPLICATION

Student's Name:

Date of birth:

Age:

Weight(kg):

Sex:

TKD School:

e-mail:

Current address:

City:

State:

ZIP Code:

Phone#:

Please check the appropriate box for your belt rank:

☐ Little Dragons ☐ White ☐ Yellow/ Orange ☐ Green ☐ Blue ☐ Red/Brown

Please check event choice (s):

☐ Poomsae ☐ Sparring ☐ Breaking ☐ Pair Poomsae ☐ Team Poomsae & Family Poomsae
☐ Weapons ☐ Little Dragon Obstacle Course

Please check the number of events you plan to participate in:

1.- Events \$100 2.- Events 130 3.- Events \$160 4.-Events \$190 5.-Events \$220

Little Dragon Obstacle Course **ONLY \$50.00** T-Shirt Size _____

Boards must be purchased on the day of the tournament. Price per board 1" = \$5.00 ½" \$5.00

For breaking, you must arrange and bring your own board holders.

All Sparring competitors: they will be using the Electric Scoring System, KPNP Socks will not be provided.

Date: 9 AM Saturday, Mar 29th, 2025

Early Registration Due March 16th, 2025

Final Registration Due March 25th, 2025

Application will not be processed without Medical Release form

Location: FRANK HERALD FIELD HOUSE

401 E B. ST. JENKS, OK 74037

Check, Cash, & All Major Credit Cards Accepted

***NO REFUND (Credit Cards Shave 2.9% fee)**

Please Make Check or Money Order Payable to: Golden Dragon Taekwondo

Mail application(s) and medical release forms to: GDTKD | 7807 E. 91st St., Unit A | Tulsa, OK 74133 or
email to: contacttulsa@goldendragonoktd.com

Online Registration is available at <https://okgp.oktkdevents.com/>

PAYING BY CREDIT CARD:

Cardholder's Name:	Card Type:	Amount:	
Credit Card #:	Exp. Date:	CCV:	Zip:
CARD HOLDER'S ADDRESS (IF DIFFERENT FROM ABOVE ADDRESS)			
Cardholder's Address:			
City:	State:	ZIP Code:	
Cardholder's Signature:			

WAIVER

Liability Waiver: In consideration of your acceptance of my entry, I do hereby for myself, my heirs, executors, and administrators waive, release, forever discharge any and all rights and claims for damages which I may accrue to me against Golden Dragon Taekwondo and all members of the tournament or their respective officers, agents, representatives, successors, and/or assigns and against any association with or entry in the above athletic meet, or which may arise out of traveling to, participating in, and returning from such athletic meet. I understand that Taekwondo is a body contact sport and my participation in the Breaking Tournament may involve strenuous physical activity and physical contact that may result in personal injury, illness, death or economic loss.

Signature of Competitor/If Competitor is Under 18 years of age Signature of Parent or Legal Guardian

Date

MEDICAL RELEASE

APPLICANT INFORMATION

Competitor's Name:		Date of birth:
TKD School:		Phone:
Current address:		
City:	State:	ZIP Code:

MEDICAL HISTORY

Allergies:								
Current medications:								
Please circle the appropriate answer for the following questions:								
Epilepsy	Yes	No	Lung Disease	Yes	No	High Blood Pressure	Yes	No
Heart Condition	Yes	No	Diabetes	Yes	No	Bloodborne pathogen	Yes	No

If you answer yes to any of the above questions, please answer the following question:
*I hereby state that I am under the care of _____
(physician's name,) and have been medically cleared by this physician to participate in this tournament.

SIGNATURES

I _____ hereby certify that the above information is true and accurate to the best of my knowledge. I acknowledge that I am, of my own free will, participating in the OK State Grand Prix Tournament. I am fully aware of the taekwondo type activities involved in said participation and the risks associated with these activities. I agree to fully and forever release, discharge, indemnify and hold harmless Golden Dragon Taekwondo, its agents, servants, and employees from all claims, demands, damages, rights of action of causes of action, present or future, whether the same be known, anticipated or unanticipated, resulting from or arising out of participation in this event.
I hereby authorize in advance any necessary medical treatment required by myself while in practice or competition. I also acknowledge that I will notify my Coach of any special medical needs or information required by myself.

Printed name:	
Signature: _____	Date:
(If competitor is under age 18, this must be signed by parent or legal guardian.)	

BLACK BELT APPLICATION

Student's Name:

Date of birth:

Age:

Weight(kg):

Sex:

TKD School:

e-mail:

Current address:

City:

State:

ZIP Code:

Phone#:

Please check the event Choice:

Black Belt Poomsae ☐ Black Belt Sparring ☐ Breaking ☐ Pair Poomsae ☐ Team Poomsae ☐

Please check the number of events you plan to participate in:

1.- Events\$120 2.- Events\$150 3.- Events\$180 4.- Events\$210 5.- Events\$240

Boards must be purchased on the day of the tournament. Price per board 1" = \$5.00 1/2" = \$5.00

For breaking, you must arrange and bring your own board holders.

All sparring competitors: will be using the PKNP Electric Scoring System, PKNP Socks will not be provided.

Competitors are responsible for their own

PKNP Electric Socks, Other brands will not be compatible.

Date: 9 AM Saturday, Mar 29th, 2025

Early registration Due March 16th, 2025

Final Registration Due March 24th, 2025

Weigh in: March 29th 10AM-12PM

Application will not be processed without Medical Release form.

Location: FRANK HERALD FIELDHOUSE

401 E B ST, JENKS OK, 74037

Check, Cash, & All Major Credit Cards Accepted

*NO REFUND (Credit Cards have 2.9% fee)

Please Make Check or Money Order Payable to: Golden Dragon TKD

Mail application(s) and medical release forms to: GDTKD | 7807 E. 91st St., Unit A | Tulsa, OK 74133 or email

to: contacttulsa@goldendragontkd.com

Online Registration is available at <https://okgp.oktkdevents.com/>

PAYING BY CREDIT CARD:

Cardholder's Name:

Card Type:

Amount:

Credit Card #:

Exp. Date:

CCV:

Zip:

CARD HOLDER'S ADDRESS (IF DIFFERENT FROM ABOVE ADDRESS)

Cardholder's Address:

City:

State:

ZIP Code:

Cardholder's Signature:

WAIVER

Liability Waiver: In consideration of your acceptance of my entry, I do hereby for myself, my heirs, executors, and administrators waive, release, forever discharge any and all rights and claims for damages which I may accrue to me against Golden Dragon Taekwondo and all members of the tournament or their respective officers, agents, representatives, successors, and/or assigns and against any association with or entry in the above athletic meet, or which may arise out of traveling to, participating in, and returning from such athletic meet. I understand that Taekwondo is a body contact sport and my participation in the Breaking Tournament may involve strenuous physical activity and physical contact that may result in personal injury, illness, death, or economic loss.

Signature of Competitor/If Competitor is Under 18 years of age Signature of Parent or Legal Guardian

Date

MEDICAL RELEASE

APPLICANT INFORMATION

Competitor's Name:		Date of birth:
TKD School:		Phone:
Current address:		
City:	State:	ZIP Code:

MEDICAL HISTORY

Allergies:								
Current medications:								
Please circle the appropriate answer for the following questions:								
Epilepsy	Yes	No	Lung Disease	Yes	No	High Blood Pressure	Yes	No
Heart Condition	Yes	No	Diabetes	Yes	No	Bloodborne pathogen	Yes	No

If you answer yes to any of the above questions, please answer the following question:
*I hereby state that I am under the care of _____
(physician's name,) and have been medically cleared by this physician to participate in this tournament.

SIGNATURES

I _____ hereby certify that the above information is true and accurate to the best of my knowledge. I acknowledge that I am, of my own free will, participating in the OK STATE GRAND PRIX. I am fully aware of the taekwondo type activities involved in said participation and the risks associated with these activities. I agree to fully and forever release, discharge, indemnify and hold harmless Golden Dragon Taekwondo, its agents, servants, and employees from all claims, demands, damages, rights of action of causes of action, present or future, whether the same be known, anticipated or unanticipated, resulting from or arising out of participation in this event.
I hereby authorize in advance any necessary medical treatment required by myself while in practice or competition. I also acknowledge that I will notify my Coach of any special medical needs or information required by myself.

Printed name:	
Signature: _____ (If competitor is under age 18, this must be signed by parent or legal guardian.)	Date: