



Flexx Sports Center

Basketball Madness Lock-in

A lock-In is an overnight event in which youth are "locked-in" at the Flexx Sports Center for the duration of the event. The doors might not be literally locked, but no-one goes in or out. The event runs from 8:00pm to 9:00am sharp. A full slate of sport activities and entertainment are planned for the evening and pizza and breakfasts are included.

WHO'S IT FOR: Boys Basketball Players (grades 6 thru 8) looking for some basketball skills and drills with a little fun thrown in or Kids who just want to give mom or dad an evening to themselves. Space is limited so register early!

Call 703-724-6566
Email: info@flexxsportscenter.com

DATE: 21 August - 22 August

TIME: 8pm Saturday to 9am Sunday.

LOCATION: Flexx Sports Center (18870 Upper Belmont Place, Lansdowne, VA 20176 @ The National Conference Center)

Early Registration Discount \$5.00 off of each player registered by 9 August 2010
Registration Deadline: August 19th, 2010

Cost	
Individual	\$49.00
Bring a Friend	\$45.00 ea
Bring a Team (6+)	\$40 ea

Registration includes:

- Basketball skills training
- 3 on 3, 5 on 5 Games, Shooting Games
- A Flexx Madness T-shirt
- Pizza & Refreshments
- Pastries, Juice in the Morning
- Locker Room & Showers

What to Bring

A key or combination lock for the locker to secure your belongings. Clothes for basketball of course, shirt or jersey, shorts, tennis shoes. Sleeping bag, pillow, games, towel, washcloth, toothbrush and toothpaste, comfortable clothing for sleeping. Snacks are available for sale. No Xboxes, Wii, Playstations, etc. You are welcome to bring your personal music players with earphones. Flexx Sports cannot be responsible for lost, stolen or missing devices.

LOCK- IN SCHEDULE - SATURDAY	
7:00 - 8:00 PM	Check-in (Saturday, 21 August 2010)
8:00 - 8:15 PM	Roll Call
8:15 - 8:30 PM	Shoot Around, Warm Up
8:30 - 9:30 PM	Stations-Shooting, Dribbling & Passing
9:30 - 10:30 PM	Pizza & Refreshments Provided
10:30 - 11:30 PM	Games, Shooting Contest, etc
11:30 - 1:00 AM	Wind down with movie, video games, games, stay up as long as you can!
1:00 - until.....	Lights Out...Kinda?
LOCK- IN SCHEDULE - SUNDAY	
8:00 AM - 9:00 AM	Wake up, Pastries, Juice Provided
9:00 AM - 10:00 AM	Pick Up (Sunday, 22 August 2010)

Registration Form: Flexx Sports Center Lock-In

Use one form per family

LOCK-IN EVENT DATE: 21 August – 22 August 2010
Registration Deadline: August 19th, 2010 Limited Space Available

Parents'/Guardians' Name _____

Address _____

City _____ State _____ Zip _____

Home Phone# _____ Cell Phone# _____

E-mail Address _____

Other numbers where parents/guardians may be reached (work, cell, etc.)

ALTERNATIVE CONTACT - for emergency and you cannot be contacted:

Name/Relationship _____

Phone Number(s) _____

PARTICIPANT(S) ATTENDING LOCK IN

First Name	Last Name	Grade (as of 6/30/2010)	\$ Price
			\$
			\$
			\$
			Total
			\$

METHOD OF PAYMENT Cash Check Visa/MC
Card Number: _____ Exp. Date _____ ASC Code: _____
Signature _____ Date _____
Make Checks Payable to Flexx Sports Center

What is friend's Name for "Bring a Friend" discount: _____

Activity Permission Form

I give my permission for participants listed above to take part in the Activity at stated at Flexx Sports Center. This child, to the best of my knowledge, is in good physical condition and is capable of participating in the activities as stated. I understand that sports activities and other activities associated with this event have an inherent risk factor, and that all appropriate precautions will be taken for the safety of my child. I give my permission to the Flexx Sports Center staff and volunteers and/or hospital staff to administer proper medical assistance to the above named participant. I agree not to hold DENOVLTD, LLC, dba Flexx Sports Center and ARAMARK, National Conference Center Lansdowne or any of their agents responsible in the event of injury to my child. Parents'/Guardians and participant agree to follow all Lock In Rules

Parent or Guardian (Please Print)

Signature of Parent or Guardian

Date

MEDICAL INFORMATION

Childs Name _____

Parents'/Guardians' Name _____

Address _____

City _____ State _____ Zip _____

Home Phone# _____ Cell Phone# _____

E-mail Address _____

Other numbers where parents/guardians may be reached (work, cell, etc.)

MEDICAL CONDITIONS

(Please write "none" if no medical conditions exist.)

Physician name and number _____

Insurance name and policy _____

MEDICATIONS List below, with doses and times

(Please write "none" if child does not take any medication.)

Lock-In Rules

- All youth must sign indicating their agreement to these rules.
- Unless other arrangements are made with a parent or guardian, each student is expected to stay the entire night, and will only be released to their parent or guardian.
- No one is allowed to attend the lock-in without a signed parental permission slip and contact numbers. Parents may be called to verify if there is doubt.
- Lock-in participants will not be allowed to go outside of the facility or venue without adult supervision, and if this rule is broken the parent will be called and expected to pick up their teen regardless of the hour.
- NO personal video games, trading cards. Personal music players are allowed with earphone use only.
- Any possessions or bags must be surrendered at entrance to the lock-in venue. Special medication or required items should be indicated on the parent permission form.
- No illegal drugs, alcohol, dangerous materials, or firearms. Facility Staff reserves the right to inspect bags at their discretion
- All lock-in participants must respect others' physical boundaries. Inappropriate behavior (i.e. physical intimacy or sexual harassment) is not permitted.
- Lights out/quiet hours will be observed in specific areas.
- Violation of these rules will result in disciplinary action and may include the participant being asked to leave the lock-in. Parents will be called to pick them up.
- Take care of yourself
- Be considerate and respectful of other participants and leaders
- Be respectful of the meeting place.
- Clean up after yourself.
- THE ENFORCEMENT OF THESE LOCK-IN RULES IS EVERYONE'S RESPONSIBILITY. I have read the above rules and agree to abide by them.
- Flexx Sports reserves the right to reschedule or cancel event due to low registration or unscheduled circumstances.

Child Participating in Lock In (Please Print)

Date

Child Participating in Lock In Signature

Parent or Guardian (Please Print)

Date

Parent or Guardian Signature

If I need to Contact my child during the Lock In.

Call Flexx Sports Center at 703-724-6566