



City of Inver Grove Heights
Parks & Recreation
Department

Phone – 651-450-2585
www.invergroveheights.org

Individual Registration
Free Agent Listing

If you are new to the area, have been out of athletics for a while or just want to play adult sports but can't find teammates, Inver Grove Heights Parks & Recreation Department now offers the opportunity to register as an individual. The Individual registrations will be used in the attempt to form a new team off of the individual registration "free agent" list or a team will pick you up to supplement their team. Names will remain on the list for one season. If you did not get on a team you must re-submit a new individual registration form.

To register, fill out the information below and mail or drop off the completed form to the Park & Recreation Office at the address listed below. You can also email the form to jwonick@invergroveheights.org.

Registration Information: Please mark your sport(s) of choice.

My primary athletic interest is: Recreational League Play Competitive League Play

My sport(s) of interest are: Men's Softball Co-Rec Volleyball Dodgeball
 Co-Rec Softball Women's Volleyball 3 X 3 Basketball Broomball
 Pickleball Other _____

I would be interested in forming a team off of the individual registration list.

Additional Information: _____

Individual Adult Sport Registration – Please Print Clearly: Sign or type name and date

Name _____ Email Address _____
Address _____ City _____ Zip _____ Age _____
Phone (home) _____ (work) _____ (mobile) _____

Waiver of Liability

- With knowledge and appreciation of the risk of injury, I wish to participate in this activity. I agree to assume the risk of personal injury while participating.
- I understand the City of Inver Grove Heights does not carry accident, sickness or medical insurance for participants.
- I understand that all reasonable efforts will be extended to ensure my health and safety.
- If the activity includes any physical exertion, I agree to perform the exercise at my own ability level.
- I fully understand the nature of this activity, and I waive and release and hold harmless the City of Inver Grove Heights and any of its agents, employees, officers, council members and sponsors for any personal injury, death or property damage suffered by me or that I may cause to others as a result of my participation in this activity.
- I agree to look to my private physician for medical advice and care to notify my teacher or instructor ro any physical limitations I might have or modifications I might need to participate in this activity. I will require the following accommodations to participate. _____
- I have read and clearly understand the above statements. I realize this is a contract between myself and the City of Inver Grove Heights and is a release of liability. I sign it of my own free will.
- I give permission for my name and contact information on this form to be given out to managers and individuals requesting free agent information.

REQUIRED: Participant's Signature

Date