

**AVA MASTER PROGRAM (M.P.)  
REGISTRATION FORM**

**Participants can be on multiple teams  
Adults must be 18 years or older**

Youth must be able to complete the event under their own power. Use of tandem bike counts. Those unable to participate on their own will receive a certificate.

Make copies for additional participants:

**Adult Primary Contact**

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

Address: \_\_\_\_\_

\_\_\_\_\_ Email \_\_\_\_\_

Phone: \_\_\_\_\_ Yrs in M.P. \_\_\_\_\_

**Adult #2**

Name: \_\_\_\_\_ Yrs in M.P. \_\_\_\_\_

**Volkssporting Youth**

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

Yrs in M.P. \_\_\_\_\_ Girl Scout? ( )

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

Yrs in M.P. \_\_\_\_\_ Girl Scout? ( )

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

Yrs in M.P. \_\_\_\_\_ Girl Scout? ( )

**Other Youth**

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

Return this registration with:

- Liability waiver for each participating youth
- Fees for all individuals' awards

Participants receive a certificate at no charge

\$5 total minimum award fees to cover processing

**FEE SCHEDULE (PER PERSON)**

**1st time in M.P.**

Team logbook with # \_\_\_\_\_ medals and certificates @ \$10 \_\_\_\_\_

**2 or more times in M.P.**

Team logbook with # \_\_\_\_\_ numbered pins and certificates @ \$5

Total amount enclosed: \$ \_\_\_\_\_

Check payable to: AVA Master Program

Mail to: American Volkssport Association

**American Volkssport Association**

*America's Premier  
Noncompetitive Sports  
Organization*

**For information on youth programs contact:  
AVA's NATIONAL YOUTH COORDINATOR**

**avayouth@ava.org**

**American Volkssport Association  
1008 S. Alamo St.  
San Antonio, Texas 78210**

**Phone: 210-659-2112  
Fax: 210-659-1212  
Email: sharewithus@ava.org  
Website: www.ava.org**



**American  
Volkssport  
Association**

*Youth Programs*



**AMERICA'S  
WALKING CLUB**  
— ESTABLISHED 1976 —



## Exercise, Good Health and AVA

Obesity rates in America have reached epidemic levels for both adults and our young people. Results from studies indicate that children born today may have a shorter life expectancy than the previous generation due in part to the sedentary lifestyle common in the United States. Walking is the easiest and most effective way to lead to a healthier you.

The American Volkssport Association (AVA), a non-profit organization, has been promoting regular physical fitness activity as an essential component of overall good health since 1976.

While walking is the sport of choice for most all participants in AVA-sanctioned events and the most popular form of exercise in America, biking, swimming, cross-county skiing, snow-shoeing, and in-line skating are offered on a limited basis. The AVA program provides a low impact, noncompetitive exercise regiment that individuals can do at their own pace.

There are two programs that AVA has developed to get our youth, their families, and friends out of the house and onto the walking trails.

### AVA Youth Programs

#### *AVA Master Program*

The AVA Master Program is designed for teams of at least one adult and one youth able to participate by his or her own power in AVA-sanctioned events.

Teams can consist of families, grandparents and grandchildren, youth groups/scouts with adult leaders or mentoring groups such as Big Brothers/Big Sisters or Boys and Girls Clubs.

Here's how it works. Within a 12-month period, teams must participate together in at least six AVA-sanctioned events, logging distance credit. The adult member team contact submits to AVA the required forms that include a parent-signed minor waiver form and a program registration form (on brochure panel). Local AVA clubs may have a registration "package" available.

## *Walk-Togethers*

Youth Program *Walk-Togethers* encourage local AVA-sponsored clubs to work with youth groups, such as Elementary and Jr. High Schools, the councils of the Girl Scouts of the USA, Boy Scouts of America, and Big Brothers Big Sisters, on getting up, getting outside and getting active.

For registered Girl Scout youths and adults, a special Girl Scout Master Program patch can be received in addition to the achievement medals and pins.

For more information, visit [ava.org](http://ava.org), *Events, Youth Programs* link, or send an email to the AVA Youth Coordinator at [avayouth@ava.org](mailto:avayouth@ava.org) or call AVA headquarters, (210) 659-2112.

## Clubs Stand Ready To Assist

Members from the AVA nationwide, grassroots network of sport clubs stand ready to assist in organizing and conducting youth programs in your area. These local clubs sponsor more than 3,000 events annually in the 50 states. Visit [ava.org](http://ava.org), *Clubs* for club contact information.

Contact your local AVA club to declare one of the AVA club events as an official "Walk-Together" or work with the club to create a new event. Youth, families, leaders and club members all participate together in the official activity.

Every participating youth must present a parent signed liability release form.



## AMATEUR ATHLETIC WAIVER AVA MINOR WAIVER AND RELEASE OF LIABILITY

In consideration of being allowed to participate in any way in American Volkssport Association volkssporting programs and related events and activities, the undersigned:

Agrees that the parent(s) and/or legal guardian(s) will instruct the minor participant that before or during his or her participation, if the participant believes anything is unsafe, the participant will immediately advise the event supervisor or other person in authority at the volkssporting program and the related events and activities of such conditions and refuse to participate;

Acknowledges and fully understands that each participant will be engaging in activities that could involve the risk of injury. Further that there may be other risks not known to us or not reasonably foreseeable at this time;

Assumes all the foregoing risks and accepts personal responsibility for the damages following injury, permanent disability or death;

Release, waive, discharge and promise not to sue the AVA, its affiliated clubs, their respective administrators, directors, agents, or other volunteers and employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and leasers of premises used to conduct the event, all of which are hereinafter referred to as releases, from demands, losses or damage to property, causes or alleged to be caused in whole or in part by the negligence of the release or otherwise.

**THE UNDERSIGNED HAS READ THE ABOVE WAIVER AND RELEASE, UNDERSTANDS THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT VOLUNTARILY.**

Parent or guardian printed name \_\_\_\_\_

Printed Name /Address of Participant \_\_\_\_\_

Printed Name /Address of Participant \_\_\_\_\_

Printed Name /Address of Participant \_\_\_\_\_