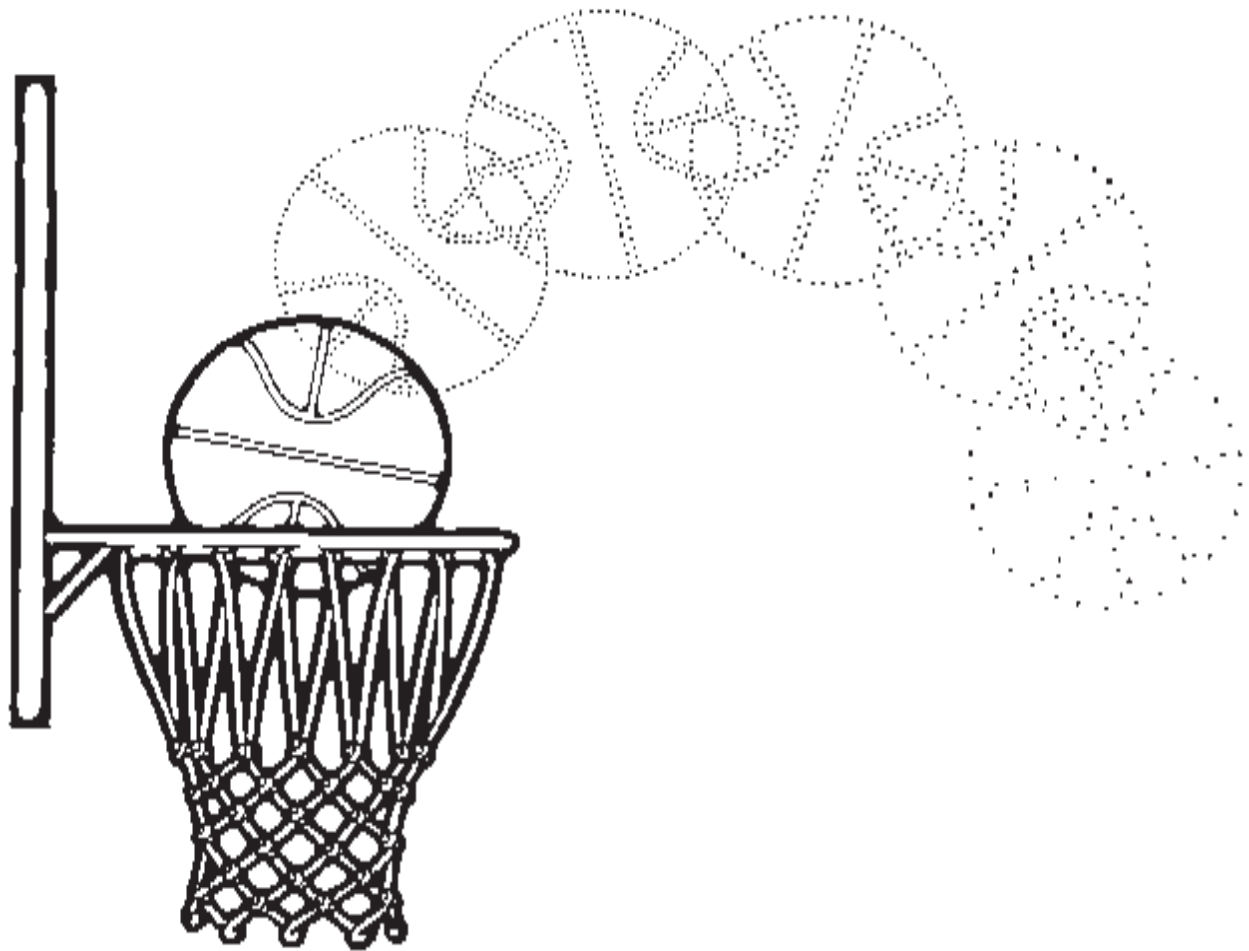


Adult 3-on-3

BASKETBALL

Spring 2010



**Pleasant Hill
Recreation & Park District**
People, Parks & Programs Since 1951
147 Gregory Lane, Pleasant Hill, CA 94523
www.pleasanthillrec.com 682-0896

Drop-In Sports

Pleasant Hill Recreation & Park District Presents:

Adults Only!

Drop-In Basketball

Saturday 7-9 am
Sunday 8-10 am
Monday, Wednesday & Friday 4-6 pm
Cost: \$5 per person

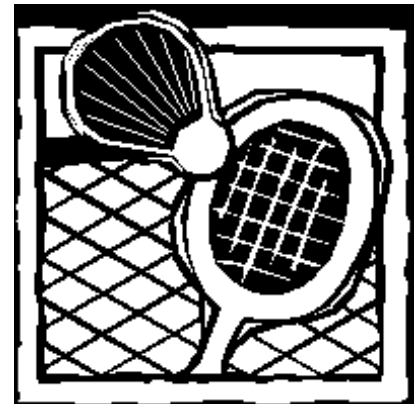


Drop-In Volleyball

Tuesday & Saturday 7:30-10 pm
Cost: \$5 per person

Drop-In Badminton

Sunday 11:00 am-1:00 pm
Cost: \$5 per person



B.Y.O.R.

Bring your own Racket
and Birds

Program for Adults, 18 years and older. All Drop-In programs are held at the Pleasant Hill Education Center Gym, located at 1 Santa Barbara Road, Pleasant Hill

For more information call
(925) 682-0896



**Pleasant Hill
Recreation & Park District**
People, Parks and Programs Since 1951

DATE: January 18, 2010
TO: Team Representatives
FROM: Pleasant Hill Recreation & Park District
RE: Adult 3-on-3 Basketball League —Spring 2010

The Pleasant Hill Recreation & Park District is announcing its 2010 Spring Adult 3-on-3 Basketball season.

One of the goals of the Pleasant Hill Recreation & Park District is to provide recreational opportunities for people of all ages. The Adult 3-on-3 Basketball League provides the community with an opportunity to participate in an organized sports activity. The leagues are set-up for competitive play but the overall goal is enjoyable participation for all. The District is not offering professional leagues. The main emphasis of the league is the recreational elements including the fun, enjoyment, good sportsmanship, and friendships that are developed.

FEES:

<u>Cost</u>	<u>Registration Begins</u>	<u>Registration Closes</u>
\$320	January 18, 2010	February 25, 2010

The 2010 Spring Season will begin on March 31 and run through June.

A percentage of your league and non-resident fees will be designated for improvements to comply with the American Disability Act.

REGISTRATION:

Roster packets & fees can be mailed or dropped off at:

(DO NOT MAIL CASH)

Adult 3-on-3 Basketball League Registration
Pleasant Hill Recreation & Park District
147 Gregory Lane
Pleasant Hill, CA 94523-3348

There are no refunds once a team is placed in a league. If league(s) are cancelled money will be refunded.

Returning teams are those that participated in our **2009 Fall and/or 2009 Summer, 2010 Winter** Seasons with a minimum of 51% of the former team's roster. Teams that do not meet those requirements will be processed as new teams.

ROSTERS:

Please make sure all player information is complete: name, address, phone number, driver license number and signature. If information is left out or your check bounces, the packet can be declared incomplete. Pleasant Hill Recreation & Park District reserves the right to make FINAL JUDGMENT ON TEAM PLACEMENT.

Roster additions and deletions must be made before 5:00 pm, Monday through Friday, prior to your game, at the Administrative Office or by mail with the League's "Add/Drop Form" (gym supervisors & scorekeepers do not handle additions or deletions). Faxed roster changes ARE NOT accepted. Roster additions must be made prior to the ninth game. Teams may carry a maximum of ten (10) players on their roster. *Only players on the team roster may participate.*

LEAGUE DETAILS:

All games are held at the Pleasant Hill Education Center Gymnasium at One Santa Barbara Rd.

The leagues are TENTATIVELY scheduled to play on the following nights:

OPEN "A"	– Wednesday	35 years & OVER	– Wednesday
OPEN "B"	– Wednesday	Women's	– Wednesday
OPEN "C"	– Wednesday		

Tentative Game times are: 6:15, 7:00, 7:45, 8:30 & 9:15

NOTE: Teams may play on other nights not designated as above due to gymnasium availability, play-offs, makeup games, and/or size of a particular league.

League fees cover: The specified number of games, officials (2), scorekeeper, basketballs, sponsor trophy, gym maintenance and lighting.

Thank you for choosing
Pleasant Hill Recreation & Park District!

**PLEASANT HILL RECREATION & PARK DISTRICT
2010 3-ON-3 ADULT BASKETBALL
ROSTER, AGREEMENT, WAIVER & RELEASE FORM**

MEN'S: A _____, B _____, C _____, 35 & OVER _____

Winter____, Spring____

Summer____, Fall____

Team Name: _____ Team Rep: _____

Home Phone: _____ Work: _____ e-mail: _____

Address: _____ City: _____ Zip: _____

Asst. Team Rep: _____ Home Phone: _____ Work: _____

Address: _____ City: _____ Zip: _____

Other leagues played in-city and level: _____

Returning Teams—Previous Team Name & Season: _____ —

Please check here if you want your name and phone number given out to prospective players: []

NOTE: Any player information left blank, invalidates that person as a legitimate player on this roster. Please be sure an assistant representative has been specified, including their home and work phone number.

In consideration of being permitted by the above district to participate in the above activity, I hereby waive, release, and discharge any and all claims for damages for personal injury, death, or property damage which I may have, or which may hereafter accrue to me, as a result of participation in said activity. This release is intended to discharge in advance the above district (its officers, employees, and agents) from any and all liability arising out of or connected in any way with my participation in said activity, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. It is understood that this activity involves an element of risk and danger of accidents and knowing those risks I hereby assume those risks. It is further agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I agree to indemnify and to hold the above persons or entities free and harmless from any loss, liability, damage, cost, or expense which they may incur as the result of my death or any injury or property damage that I may sustain while participating in said activity. I understand that no medical insurance is provided. I am eighteen years of age or older.

I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER, AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE ABOVE DISTRICT AND I SIGN IT OF MY FREE WILL.

Last Name, First (Print):		Signature:	
Street:		City:	Zip:
Phone:	Driver's License:	Birth Date: /	

Last Name, First (Print):		Signature:	
Street:		City:	Zip:
Phone:	Driver's License:	Birth Date: /	

**PLEASANT HILL RECREATION & PARK DISTRICT
2010 3-ON-3 BASKETBALL
ROSTER, AGREEMENT, WAIVER & RELEASE FORM**

Team Name: _____

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**PLEASANT HILL RECREATION & PARK DISTRICT
2010 3-ON-3 BASKETBALL
ROSTER, AGREEMENT, WAIVER & RELEASE FORM**

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