



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

"OSCAR MIKE" ENDURANCE OPERATIONS (ECHO OPS)

Have you ever wondered how much you are capable of? Have you ever considered doing something just to see if you can? Have you ever wanted to test your mental toughness? Are you willing to push yourself to your limits to find out? If you answered yes to any of these questions it is time for you to join others on mission to test your limits, and find yourself along the way. Those who dare to push themselves out of their comfort zone will be rewarded by becoming a member of Echo Company and presented a challenge coin to signify their membership in that elite group.

The Event: You start as a group of individuals, each with a different reason for signing up and over 6 hours you will be put through a series of trials that will forge you into a unit with one goal, Completing the Mission. The challenges you will face are designed to make you rely on each other as well as your own inner drive to make it through. You are required to bring the items listed on your equipment list with you, everything else you need will be provided for you.

Participants will gather on the outdoor basketball court behind The Y with their required equipment and a unit formation will begin exactly at 2000(8pm), anyone who is late will be awarded a penalty. At this formation you will receive important information that will get you through each stage of the event.

Equipment List:

- * Food (snacks to fuel yourself)
- * Canteens, water bottles or hydration pack
- * One white bucket with lid
- * A reflective vest (Orange)
- * One 10ft length rope (approx 1/2inch Diameter)
- * Headlamp and hand held flashlight
- * A rucksack/backpack to hold heavy load/ supplies
- * Closed toed footwear
- * Clothing you don't mind getting dirty
- * Change of clothes, you will be gross when finished
- * Santa hat



December 9, 2017 8pm-2am ** Registration Deadline December 7th!

\$35 until Nov 25th - Y Members

\$40 until Nov 25th - Non Members

Price increase of \$10 starting Nov 26th!

***Includes Tshirt and Challenge Coin**

HIGHLAND LAKES FAMILY YMCA

ECHO OPS

DECEMBER 9, 2017

Meet at the Outdoor Basketball Court

Echo Ops from 8pm-2am with Josh



NAME _____ YMCA ID# _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ ALT. PHONE _____

EMERGENCY CONTACT NAME _____ PHONE _____

ANY OTHER INFORMATION YOU THINK THE INSTRUCTOR SHOULD KNOW... _____

MEDICAL WAIVER: In the event that I require emergency medical treatment and my emergency contact cannot be reached. I hereby authorize the YMCA staff to make arrangements to transport me to the nearest hospital/emergency medical facility. I give my consent or any and all necessary medical treatment, if, in fact I require the attention of a physician.

WAIVER: I understand that YMCA activities have inherent risks and I hereby assume all risks and hazards incident to my participation in all YMCA activities including transportation to and from said activities. I further waive, release, absolve, indemnify, and agree to hold harmless the YMCA, the organizers, volunteers, supervisors, officers, directors, participants, coaches, referees as well as persons or parents transporting participants to or from such activities from any claims or injury sustained during my use of YMCA facilities or participation in any YMCA activity whether located on YMCA property or not.

PHOTO RELEASE: I give my consent for pictures taken of myself involved in YMCA programs to be used for future YMCA promotions or display.

REFUND/TRANSFER POLICY: I understand that the YMCA has NO refund policy. Details of the policy are available at the Member Service Desk.

SIGNATURE

DATE

YMCA STAFF USE ONLY - 17FA2

STAFF NAME	DATE	PAID AMOUNT	PAYMENT VERIFIED BY
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