Ballin’: (adjective)
Being Successful For Life

Registration Packet

Name: ________________________________________________

Email: ________________________________________________

Affiliation:

Faculty/Staff  Undergraduate Student  Graduate Student

Alumni  Other: ____________________________

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BALLIN’
Success for LIFE!
Healthy Habits Challenge
University of Oklahoma Norman Campus
WAIVER and RELEASE of LIABILITY

This is a legal and binding agreement which, when signed, will permanently limit your ability to recover from the University for injuries or losses you may cause or sustain as a result of participation in off-campus activities.

The University of Oklahoma is a state educational institution. References to the University of Oklahoma include its Board of Regents, officers, agents, faculty, employees, volunteers, students, SGA and administrative organizations.

I [print your name] _______________________ freely choose to participate in the Trip/Activity (name) Ballin' Healthy Habits Challenge, which may include the following activities:

physical activities, event-related activities

I understand that the University of Oklahoma is not an agent of and has no responsibility for any third party that may provide services including food, lodging, travel, or equipment. The University of Oklahoma has not reviewed the qualifications of the Activity organizer or sponsor, and does not endorse or sponsor the program or its safety or quality.

For off-campus activities, I agree to inform myself about the potential dangers of the area I am traveling to and precautions I should take, including reviewing the State Department Consular Travel Information at http://www.travel.state.gov and the Centers for Disease Control Travelers Information at http://www.cdc.gov/travel/ for health and immunization information, and any other information that the Activity organizer, sponsor or the University may provide.

For a “Wilderness” trip, I understand that it may take 48 hours or more to arrive at a medical facility, transportation to which may be by boat or on foot. I accept the increased risk that such isolation may pose in the event of injury.

I understand that it is my responsibility to acquire and use activity-appropriate and/or required equipment and protection. I agree to reduce the risk of injury to myself and others by following applicable rules and procedures, by limiting my participation to reflect my personal fitness level and by notifying the activity coordinator immediately if I do not believe I can safely continue in the activity. I agree that if I fail to act in accordance with this agreement I may not be permitted to continue in the activity.

Despite precautions, accidents and injuries can and do occur. I understand that the Activity and transportation may be dangerous and that I may be injured and/or lose or damage personal property as a result of participation in the Activity. Therefore, I FULLY AND COMPLETELY ASSUME ALL RISKS RELATED TO THE ACTIVITIES including death, injury, illness or loss from accidents, theft of or damage to personal belongings.

Medical Treatment Authorization

I authorize the University of Oklahoma to act on my behalf in any medical emergency.

Signature __________________________ Date __________

(Signature of Parent or Legal Guardian is required if participant is under 18.)

Release from Liability, Indemnification Agreement and Covenant Not to Sue

To the fullest extent permitted by law, on behalf of myself, my spouse, heirs, representatives, executors, administrators and assigns, I agree to forever RELEASE, INDEMNIFY, HOLD HARMLESS and COVENANT NOT TO SUE the University of Oklahoma from any cause of action, claim, or demand, including one related to bodily injury, property damage, death or accident arising out of or related to my participation in the Activity.

I assure the University of Oklahoma that I have adequate health insurance to provide for any medical needs or costs that may result from my participation in the Activity.

My signature below indicates that I have read, understood, and freely signed this agreement, which shall take effect as a sealed instrument. I further certify that my date of birth is ______ (month/day/year), and that my present age is ______, and that I am otherwise legally competent to sign this agreement.

This agreement shall be construed and enforced in accordance with the laws of the State of Oklahoma, and I consent to the jurisdiction of this state. I expressly agree that this waiver and release is intended to be as broad and inclusive as permitted and that if any portion is held invalid, the remainder shall continue in full legal force and effect.

**** IMPORTANT! ****

READ ENTIRE AGREEMENT BEFORE SIGNING

Printed Name: __________________________
Signature: __________________________ Date: __________________________
Address: __________________________
Phone(s): __________________________

If participant is under age 18:

Parent’s Printed Name: __________________________
Parent’s Signature: __________________________ Date: __________________________
Parent’s Address: __________________________
Parent’s Phone(s): __________________________

File Name: Waiver and Release – 06/13
Program Schedule

Habit 1: September 1 – September 21
Goals Are Scored When Passion Is Found
In order to be successful in the personal goals you would like to make this semester, you must find what you are passionate about. Creating goals without passion behind them will ultimately lead to a failed attempt. OU Fitness and Recreation has a wide array of options for you to meet your health and fitness goals. This habit is all about finding what you like, fitting your goals into your schedule, and committing to this goal for the semester. Don't forget to try something new!

Habit 2: September 22 – October 12
Knock Your Diet Out of the Park
What is eating healthy? With all of the new and improved diet methods in the news it is hard to know what is and isn't healthy. This habit we encourage you to pick what part of your diet needs an update. Do you drink enough water throughout the day? Do you color your plate? And what about healthy eating while on campus? Stay tuned to get all of our tips to encourage you with your goal this semester!

Habit 3: October 13 – November 2
Adults call it “working out”. Kids call it “playing”.
Why is it that as we get older being active becomes a chore? This habit is about rekindling a love for having an active lifestyle. Together we will take a look at play around the world, fun activities on campus, and finally active things to do in Norman. Get excited to start “playing” once again!

Habit 4: November 2 – November 23
Your Health Is Not a Game
Knowing your own health history and the history of your family is really important. The best way to prevent lifelong disease is to know your own body and the warning signs of these diseases. This habit will focus on helping you stay up to date with yearly exams, tobacco awareness, diabetes education, and much more!

MARK YOUR CALENDARS!
Kevin Carroll, the author of “Rules of the Red Rubber Ball”, will be on campus in the spring. Carroll will be discussing how the art of play can influence every aspect of your life and can help you start “Ballin’.”
What is this program all about?

The Ballin’ Habit Program is created to help participants create a personal health and fitness goal for the Fall 2013 semester. This program is designed to encourage you to meet this goal through education, programming, and prize incentives. This program is organized on an individual basis to facilitate your personal needs.

Point Calculation

All participants’ are given opportunities to earn points for prizes throughout the duration of the program. Points will be calculated at the conclusion of each habit. Once a new habit begins, point calculations will start back at zero. At the conclusion of the program, we will add all points that you have earned throughout the course of the program to determine an overall winner.

All actions are worth 1 point. However, for certain actions there will be multiple opportunities to earn one point for repeated participation. For example, checking in at an OU Fitness and Recreation facility each day will earn you 1 point per day. Also, if you see on the point schedule “(1 point, 5 points maximum)” this means that this action may be repeated up to 5 times throughout the duration of the specific habit. (See point schedule)

Prizes

The winner of each habit's point bracket will be awarded their choice of a FREE personal training session or FREE massage session.

The overall winner at the conclusion of the program will be awarded a Ballin’ Life T-Shirt and their choice of a FREE personal training session or FREE massage session.

Email Newsletters

An email newsletter will be sent out at the beginning of each habit. This email will announce the winner from the previous habit and announce any upcoming events that will be available for points. This newsletter is designed to keep you updated on everything OU Fitness and Recreation, as well as encourage you in your personal health and fitness journey.

Questions?

If at any point throughout the program you have any questions, please feel free to email bsiem@ou.edu.
Point Schedule

Daily Points (one point from each facility per day)
• Check-In At The Huston Huffman Fitness Center Front Desk
• Check-In At the Murray Case Sells Swim Complex Front Desk

Event Points
• Throughout the program we will inform you of various events that will be offered within each habit. You will be eligible to earn one point for every event attended. These notices will be in the Ballin’ Newsletter sent out at the beginning of each habit.

Habit Points

• Habit 1: September 1 – September 21
  Goals Are Scored When Passion Is Found
    o Posting on Facebook, Twitter, or Emailing bsiem@ou.edu about something NEW you have tried that is fitness or health related. *(1 point available, 5 points maximum)*
    o Posting on Facebook, Twitter, or Emailing bsiem@ou.edu about your personal health or fitness goal for the semester. *(1 point available)*

• Habit 2: September 22 – October 12
  Knock Your Diet Out of the Park
    o Posting on Facebook, Twitter, or Emailing bsiem@ou.edu a picture of your use of the water tracker (found on our website) or typing your water consumption for the day. *(1 point, 5 points maximum)*
    o Posting on Facebook, Twitter, or Emailing bsiem@ou.edu a picture or description of a healthy food choice you made throughout the day. *(1 point, 5 points maximum)*
    o Posting on Facebook, Twitter, or Emailing bsiem@ou.edu about your personal updates with the goal that you have created. *(1 point, 5 points maximum)*
• **Habit 3: October 13 – November 2**  
  Adults call it “working out”. Kids call it “playing”.

  o Posting on Facebook, Twitter, or Emailing bsiem@ou.edu about a FUN ACTIVITY you have tried that is fitness or health related.  
    (1 point available, 5 points maximum)

  o Posting on Facebook, Twitter, or Emailing bsiem@ou.edu about your personal updates with the goal that you have created.  
    (1 point, 5 points maximum)

• **Habit 4: November 2 – November 23**  
  Your Health Is Not a Game

  o Posting on Facebook, Twitter, or Emailing bsiem@ou.edu about ways you plan to stay healthy as you age. (1 point)

  o Posting on Facebook, Twitter, or Emailing bsiem@ou.edu about your personal updates with the goal that you have created.  
    (1 point, 5 points maximum)

**Facebook:** www.facebook.com/OUFitRec  
**Twitter:** twitter.com/OUFitandRec  
**Email:** bsiem@ou.edu