01 / ARRIVE READY - KEEP THIS PAGE

Your First Reps plan.

One clear plan for a welcoming first football experience.

MONDAYS: OCT 26 / NOV 2 / NOV 9, 2026

Arrive at 3:45 PM Pacific.
Instruction: 4:00-5:00 PM Pacific.

HCN Bank Stadium - MSJC Menifee Valley Campus
28237 La Piedra Road, Menifee, CA 92584
Meet Coach Julian at the gate at the entrance to the football field.
Near the Athletics & Kinesiology Complex, Building 5000.

Before leaving home

Bring **cleats, water and black shorts**. Returning athletes: **WEAR** your current DTU shirt. First-time athletes may submit one shirt size. Complete pages 2-4, print and sign them, and bring the packet directly to check-in. One packet per athlete. Keep page 1 and a copy of the safety page for home.

Parking without surprises

Lots **A, B and E** are accessible from La Piedra Road. MSJC requires parking permits for stadium events. Obtain the applicable visitor permit and follow posted parking instructions. Allow time to park so you are at the gate by 3:45 PM.

Visitor parking permit: msjc.thepermitstore.com
Directions and current arrival plan: dualthreatu.com/first-reps/arrival

Stay, support and check out

A parent or guardian remains on site and checks the athlete in and out. First Reps is free and noncontact. This packet does not enroll you in a membership, authorize a charge or provide childcare. Optional MSJC practice observation only where authorized by MSJC; guardian-supervised after DTU ends at 5:00 PM.

Need help?

Contact **info@dualthreatu.com** before the event. If you cannot print, tell DTU in advance so your paperwork can be arranged before activity. Do not send completed forms by ordinary email or upload them to the public website.

Arrival details supplied by DTU. Stadium address, lots and permit requirement: MSJC HCN Bank Stadium visitor information. Follow campus staff and current posted instructions.

02 / PARENT OR LEGAL GUARDIAN - READ AND SIGN

Participation & release.

Oct 26 / Nov 2 / Nov 9, 2026 | 4:00-5:00 PM Pacific | Arrive 3:45 PM
HCN Bank Stadium, MSJC Menifee Valley Campus
28237 La Piedra Road, Menifee, CA 92584 | Football-field front gate
DTU on-site lead: Coach Julian Tucker | info@dualthreatu.com

Athlete name (private form)

Age (no birthdate)

Parent / legal guardian name

Guardian mobile

Guardian email

Backup emergency adult - name + mobile

This form covers only the free introductory noncontact QB, RB and WR instruction above. No live tackling, contact blocking, takedowns, diving catches or participation in college practice. A parent or guardian stays on site, checks the athlete in and out, and follows host access instructions. The athlete may stop any activity. Discuss restrictions or accommodations privately with the coach before activity; do not write diagnoses or medication details here.

Assumption of activity risks

Football instruction involves running, changes of direction, thrown balls, falls, accidental contact and outdoor conditions. These may cause bruises, sprains, fractures, concussion and, rarely, permanent injury or death. Noncontact instruction cannot remove all risk. I understand these risks and voluntarily permit participation within the athlete's ability and any restrictions discussed with the coach.

Release of ordinary-negligence claims - read before signing

In exchange for permission to participate, and only to the extent California law allows, I release Julian Tucker doing business as Dual Threat U and DTU's assigned coaches, employees and volunteers from claims belonging to me or the athlete, to the extent I may legally release them, for ordinary negligence arising from this clinic, including ordinary negligence in instruction or supervision. This does not release gross negligence, reckless or intentional misconduct, fraud, violations of law or any right that cannot legally be waived. It does not release MSJC or replace any District-required form.

Emergency assistance

I authorize DTU to contact the listed adults, call 911, provide first aid within staff training, and seek emergency care if needed. Licensed responders determine treatment. Necessary information may be shared with responders. Any lawful medical charges are handled by the family and its insurer; this is not health insurance.

I am the athlete's parent or legal guardian with authority to consent. I have read this page, understand that it includes a release of ordinary-negligence claims, and sign voluntarily.

Parent / legal guardian handwritten signature

Date signed

03 / ATHLETE + GUARDIAN - READ TOGETHER AND SIGN

Know when to stop.

Read together, sign and keep a copy. These cues do not replace medical evaluation or clearance.

Concussion and head injury

A concussion can follow a hit to the head or body and affect learning, balance, mood or sleep. Symptoms may appear later. A repeat injury before recovery can cause serious or lasting harm.

Recognize: Headache, dizziness, nausea, vision changes, light/noise sensitivity, confusion, memory problems, feeling unusually slow, a dazed appearance, poor balance or slow answers.

Remove and return: Stop after a suspected concussion; no return that day. Obtain evaluation and written clearance from a qualified licensed healthcare provider. Follow their return-to-school and graduated return-to-sport plan. After a diagnosed concussion/head injury, the supervised progression lasts at least seven days; day seven is not automatic clearance.

Call 911 after a head injury for: Worsening headache, repeated vomiting, seizures, increasing confusion, inability to wake, weakness/slurred speech, or unequal pupils/double vision.

Sudden cardiac arrest

An electrical heart problem can stop circulation suddenly, sometimes without warning or a known condition. It can be fatal without immediate help. Report fainting, chest discomfort with exercise, racing/irregular heartbeat, unusual breathlessness, repeated dizziness or unexpected extreme fatigue.

Remove and return: Stop activity for symptoms. Fainting or passing out means no return that day; medical evaluation and written clearance are required. A suspected cardiac condition needs follow-up until a qualified licensed healthcare provider clears participation. Coaches do not provide medical clearance.

Emergency - 911 + CPR + AED: For collapse, unresponsiveness and abnormal breathing, call 911, send for an AED and start CPR. Follow dispatcher instructions and AED prompts. Trained rescuers use age-appropriate CPR with breaths for children. If unable to give breaths, provide chest compressions (hands-only CPR) rather than no CPR.

Athlete name

ATHLETE: I read this with an adult or had it explained to me. I will report injury, feeling unwell, faintness, chest pain or unusual breathing. I can stop a drill without punishment.

Athlete handwritten signature (age 7 or older) | Date signed

GUARDIAN: I received and reviewed both topics with the athlete. I understand the removal, emergency and medically directed return procedures. I will report relevant restrictions privately before activity.

Parent / legal guardian handwritten signature | Date signed

CDC HEADS UP | California Department of Education: SCA | California HSC 124235 | American Heart Association: CPR

04 / OPTIONAL - EACH ANSWER IS SEPARATE

Your athlete. Your choices.

Choose Yes or No for each row; blank means No. Declining does not affect coaching, participation, the shirt or future enrollment. Choices cover only First Reps on Oct 26, Nov 2 and Nov 9, 2026, not other events or MSJC practice.

Athlete name / private code

Parent / legal guardian name

Private teach tape

Yes No

DTU may record the athlete's image and voice for coach review and instruction, and privately share selected clips with this athlete's verified guardian. No sharing with other families, public posting or paid-course use under this choice.

Private family action photo

Yes No

DTU may photograph the athlete and deliver selected action photos privately to this athlete's verified guardian for personal use. This does not authorize public posting by DTU.

Public DTU promotion

Yes No

DTU may capture and use selected photos or video of the athlete in DTU's website, social posts, advertisements and printed promotion. No athlete surname, school, contact details or routine schedule will be added. This does not authorize paid instructional products.

Consideration for a paid instructional product

Yes No

DTU may identify relevant clinic footage and contact me about a named paid drill lesson. No sale, licensing or product release is authorized until I approve the specific clips, use and compensation terms in a separate written release. If no other capture permission is Yes, this permits contact only.

For approved uses, DTU may crop, edit, caption and add its branding without misrepresenting the athlete. No payment or royalty is promised by this packet. Public content can be copied by others. DTU will respect an athlete's request to pause filming and avoid deliberately capturing an athlete who has declined the applicable use.

You may change a choice by telling the coach or contacting info@dualthreatu.com without sending health information. DTU will record the request, stop new uses and remove content from channels it controls where practicable. Printed, downloaded or third-party reshared copies cannot always be recalled. A separate paid-product agreement must state its own withdrawal and distribution terms.

I have selected the permissions above and have authority to consent for the athlete. My signature applies only to those choices. I may receive service messages needed for this clinic; this form does not subscribe me to general marketing.

Parent / legal guardian handwritten signature

Date signed

Print, sign and bring to check-in. Keep completed forms private; do not email or upload them.