



## Training Application

Welcome to Speed Pursuit, LLC. We offer Strength & Conditioning training for all athletes looking to improve all aspects of their sport. The sessions we offer are very challenging and continue to challenge athletes throughout their training.

Our clients are only accepted via referral from current or past clients or through their first initial training session. Your initial training session will be an evaluation on your performance, which will help us make a decision if you will be accepted into our program. We do not accept athletes who are anything less than 100% dedicated. Only a small few are accepted here, but for those who are accepted into the program can expect their athletic success to skyrocket!

Working with athletes and watching athlete achieve their desired goals is something in which I take great pride. Getting an athlete to understand the goal of the workout leads them on the road to being in the best shape to maximize their athleticism.

If at anytime during the training you feel fatigued or any discomfort feel free to step aside a moment, if it is just to catch your breath or a needed rest. I fully understand the training is intense and can cause fatigue for some during the session. Our training will help you build the mental toughness that you may lack. I encourage all to compete at the highest level during the training to maximize the results you want. The training is offered year round for athletes. I thank you as well as commend you for attending and I know the training will be is as beneficial for you as it has been for many others.



## Registration Form

Name \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_  
(circle one) High School College Adult

Name of School Attending \_\_\_\_\_

Parent(s) \_\_\_\_\_

Phone(s) \_\_\_\_\_ Cell \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Birth date \_\_\_\_\_

Email \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Phone \_\_\_\_\_ Relationship \_\_\_\_\_

1. What is your sport of focus? \_\_\_\_\_

2. How long have you been playing sports? \_\_\_\_\_

3. List a few specific/personal goals that you want to work to accomplish?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. Have you ever quit a sport? (Yes or No) If yes, explain \_\_\_\_\_

\_\_\_\_\_



## MEDICAL RELEASE

Speed Pursuit, LLC is concerned with the health and well being of its athlete and those who participate in training programs with us. However, we do not provide physical examinations for any athletes who train in our program. Therefore, it is necessary for such individuals to certify that they are in adequate physical condition to participate in the training programs that are provided and to release Speed Pursuit, LLC from liability for not providing medical examinations, athletic trainer's examinations or physical fitness assessments. Speed Pursuit, LLC urges all athletes who participate in any of our programs to have a physical examination before any of your training begins.

I (**name of athlete**), \_\_\_\_\_ warrant that I am in adequate physical condition for the purpose of participating in Speed Pursuit, LLC training programs. I am informed that Speed Pursuit, LLC and their respective trainers as well as their employees and assistants are not responsible for knowing my physical condition at this time. Further, Speed Pursuit, LLC and their trainers as well as employees and assistants are not responsible for granting me medical clearance to participate in Speed Pursuit, LLC training programs.

In consideration for Speed Pursuit, LLC granting him/her permission to engage in said training programs, I hereby release Speed Pursuit, LLC from any and all liability, claims, costs, expenses, injuries or losses that I(**name of athlete**), \_\_\_\_\_ may have, attributable in whole or in part to my not having been physically examined by a physician. Further, I hereby assume the risk of any and all injuries, even those that are life threatening, that occur as a result of participation in training programs with Speed Pursuit, LLC.

Athlete's Name (please print)\_\_\_\_\_

Athlete's Signature\_\_\_\_\_

Date \_\_\_\_\_

Parent Signature if Under Age 18\_\_\_\_\_





Please List any injuries / hospitalization (s) in the past year:

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Please list any medications that you are currently taking and reason(s) for medication:\_\_\_\_\_

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## **Training Services / Membership Agreement**

### **I. Contact Info:**

Name, Address, & Phone:

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### **II. Training Commitment:**

In consideration of my own personal athletic needs, I (athlete's name) \_\_\_\_\_ hereby agree to enter into an agreement with Speed Pursuit, LLC and agree to commit the time and energy necessary to accomplish my goals as written and reviewed by myself and Speed Pursuit, LLC and / or their employees. I understand that if I do not consistently show the effort and dedication required of me, I will not be allowed to continue my training.

### **III. Rescheduling, Interruption of Service & Cancellation**

1. Rescheduling / cancellation of any session requires a minimum of 24 hr. notice to avoid charges for that session (except in circumstances of emergencies).
2. For interruption of service, please give at least 14 days prior notification stating reason for interruptions and anticipated continuation.



3. If by any reason of permanent disability the participant is unable to complete the training program, he/she shall be relieved of the obligation of making payment other than for the services performed prior to onset of disability.
4. If the athlete does not show up for 14 consecutive days without appropriate notice, All sessions will be cancelled without refund.
5. If the athlete does not show consistent efforts towards training/dieting/being on time/than he/she will be dismissed from training program.

#### **IV. Renewal of Agreement**

1. Participant shall have the option to renew agreement under similar or new terms within 30 days of termination of agreement. Costs of services will remain in effect for duration of agreement.

#### **V. Guarantee of Services**

Should (athlete's name) \_\_\_\_\_ not show up for a pre-scheduled, prepaid session, participant shall have the option to reschedule the missed appointment as long as 24 hr. notice has been received prior to the training session.



VI. **Photo and Video Consent Release**

Some of our training sessions are recorded or photographed for our web sites and / or products. If you prefer not to be featured in our media feel free to leave blank.

I, \_\_\_\_\_, do hereby consent that any photographs, video footage, and statements taken during training may be used by Speed Pursuit, LLC. These images may be used for, but are not limited to, educational and instructional materials and publications.

Parent Signature if athlete is under 18: \_\_\_\_\_

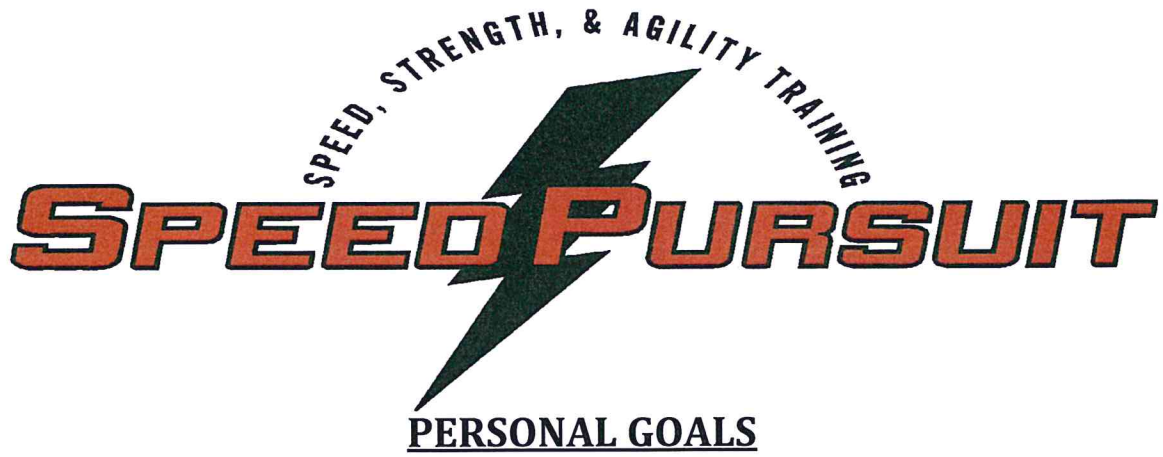
Date: \_\_\_\_\_

Speed Pursuit, LLC urges all participants to obtain a physical examination from their physician prior to beginning any exercise program. Under certain circumstances, Coach may require a physician's approval prior to beginning their training program.

I hereby acknowledge that I have reviewed and agree to the above conditions. Any questions that I had concerning these conditions have been answered to my satisfaction.

Client Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/guardian Signature if client is under age 18 \_\_\_\_\_



1. List your short term goals (from today until 3 months from today):

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2. List your long term goals (where do you see yourself in one year with all the training you dedicated yourself to?)

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