



NAME: _____ START DATE (TODAY'S DATE): _____

ADDRESS: (street) _____ (city/state/zip) _____

EMAIL: _____

CELL PHONE: _____ BIRTH DATE: _____ AGE: _____

EMERGENCY CONTACT NAME & PHONE NO. _____

T-SHIRT SIZE: XS SM MD LG XL XXL USAT MEMBER? USAT NUMBER _____

TRAINING OPTIONS

***COACHED ATHLETES ARE ADDED TO TORTUGAMAN CLUB (for group training purposes) VIA 1-TIME SET-UP FEE.**

- TRIATHLON GROUP TRAINING via Training Peaks: **SMALL TEAMS (2-5 @ \$100/mo.); 1 SPORT (SWIM, BIKE, RUN) \$75/mo.**
- 1, 2 OR 3 DAY EVENT/CAMPS: MOCK TRIATHLON; SWIM CLINIC; TRIATHLON CAMP = \$ _____
- INDIVIDUALIZED COACHING— SPORT SPECIFIC/RACE SPECIFIC PROGRAMS DELIVERED VIA TRAINING PEAKS:
 - ANNUAL SET-UP/EVALUATION **\$95** – 1-time cost for custom training setup + Skills Evaluation (includes Tortugaman club.)
 - TeamWorks PREMIUM Coaching **\$150/mo** - includes 1 in-person coached or video training session per month.
 - TeamWorks PREMIUM PLUS **\$200/mo** - includes 3 in person coached or video training sessions per month.
 - TeamWorks TAILORED **\$100/mo** - ONLINE ONLY- includes unlimited email, text and phone follow up.
 - Optional Training Partner ADD-ON (1/2 monthly fee of full price athlete). Follows same plan in Training Peaks.
- CUSTOM ONE-ON-ONE SESSIONS: **\$48**=1 session; **\$130**=3 sessions; **\$199**=5 sessions; **\$255**= 7 sessions; **\$350**=10 sessions
- PRE-PROGRAMMED ATP- annual training plan. **OUTLINE ONLY = \$25.** (TRIATHLON SEASON SET-UP 9-12 MONTHS)
- PRE-PROGRAMMED PERFORMANCE PLAN (SINGLE or MULTI-SPORT 4 WEEK= \$50; 6 WEEK= \$75; 10-12 WEEK= \$100)
- 6WK PRE-PROGRAMMED SPORT SPECIFIC (Stronger Run off the Bike; Power focused Cycling; Swimming w/Drills) \$59

- *PLEASE INITIAL AGREEMENT TO EACH CONDITION BELOW APPLICABLE TO TRAINING PEAKS COACHED ATHLETES:**
- MONTHLY TRAINING DUES PAYABLE EACH MO. APPLICABLE TO START DATE / LATE AFTER 10 DAYS-Terminate Tr. Peaks
 - ATHLETES TRAINING FOR HALF/FULL IRONMAN DISTANCE MUST CHOOSE PREMIUM OR PREMIUM PLUS PROGRAM.
 - ALL COACHED ATHLETES WILL INITIATE WEEKLY/MONTHLY SCHEDULING OF ONE-ON-ONE COACHING SESSIONS
 - TRAINING PROGRAMS INCLUDE FREE 'BASIC' TRAINING PEAKS COACHED ACCOUNT. www.trainingpeaks.com
 - MUST GIVE 30 DAYS NOTICE TO TERMINATE COACHED TRAINING PROGRAM. TeamWorks dues are mo. to mo. (no contract).

ATHLETE INFORMED CONSENT

Assumption of Risks: I understand that participation in endurance sports and conditioning carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. I know that swimming, biking, running, and triathlon is potentially hazardous and I certify that I am in good health, physically fit to enter endurance training. I acknowledge that I am aware of the many risks of injury that are involved in athletic training in general, including conditions/injuries which could be life threatening. I read the previous paragraphs and I know, understand, and appreciate these and other risks that are present while training for and participating in pool, open water, road, trail, and track training and racing, including additional conditioning/cross training activities associated with said training. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.

Indemnification and Hold Harmless: I also agree to INDEMNIFY AND HOLD HARMLESS TeamWorks Community, Tortugaman Club, Michelle Smith, and William Smith from all claims, actions, suits, procedures, costs, expenses, damages, and liabilities, including attorney's fees brought as a result of my involvement TeamWorks Multisport training programs.

Severability: I, the undersigned further expressly agree that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the laws of the State of Alabama and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

_____/_____/_____
Date

Athlete's Signature