



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 \_\_\_\_\_

### TEAMWORKS 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; \$132 =3 sessions; \$199 =5 sessions; \$259 =7 sessions; \$350 =10 sessions**
- \*12-WK PRE-PROGRAMMED MULTISPORT PERFORMANCE PLAN = \$100 (see details below)**
- PRE-PROGRAMMED ATP- annual training plan. OUTLINE ONLY = \$25. (TRIATHLON SEASON SET-UP 9-12 MONTHS)**
- 6-WK PRE-PROGRAMMED SPORT SPECIFIC (Stronger Run off the Bike; Power focused Cycling; Swimming w/Drills) \$59**

*\*Note 12 weeks are divided into 3 blocks of 4 weeks w/weekly total training hours increasing for 3 weeks followed by a shorter recovery week. This recovery week is also a test week. To see the appropriate fitness gains, it is very important to build your training hrs each week and even more important to cut back your training hours on recovery weeks to allow your body to rest and adapt. 3-4 key sessions are indicated each week where specific endurance, strength or speed is emphasized. These should not be completed back to back, but spread out throughout the week. It's a good idea to read through all 12 weeks ahead of time to see what's coming, so you can plan around your own weekly schedule. If you run out of time on any given day, but still want to get the benefit of the scheduled session, simply cut the main set in half or reduce by whatever percentage works for you. Even a 20-minute session can accomplish fitness adaptation and is better than skipping altogether.*

### 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