



## **Mile High Multisport – New Client Forms**

Welcome to Mile High Multisport! At MHM, we know that “How You Train Makes the Difference”. Thank you for placing your coaching needs in our hands. We look forward to working with you to achieve your training and racing goals. Your “success” may be crossing your very first finish line, improving your finishing results, or generally living a healthier lifestyle. As we begin this process, the more information we have about you athletically and personally will foster our working relationship.

As a prospective client, we would like to ask you to take the time and complete the following forms. These forms will allow your coach to better understand who you are, your goals, where triathlon fits in your life plan, and how they can best customize a plan to meet your objectives.

In the enclosed document, you will find the following:

- Personal Profile
- Health & Medical Questionnaire
- Athlete Assessment
- Athlete Equipment and Available Facilities Assessment
- Goals
- Season Planning
- Mile High Multisport Coach/Athlete Agreement
- Liability Release

Please fill these out and then to set up an appointment to meet or discuss these over the phone with your coach. If you have any questions, please feel free to contact your coach or me with any questions. We understand there is a lot of paper work to complete, however, our experience has taught us, the learning curve between athlete and coach is shortened significantly when the information requested in these forms is completed thoroughly.

Thank you in advance for your assistance.

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