

Mile High Multisport Coach/Athlete Agreement



Please read each item carefully. When agreed upon, place initials by each item.

_____ Payment for each months' services is to be received by your coach on the FIRST of each month. A \$10 late fee will be applied if received after the 3rd day of the month. I understand that payment is for a full month of service. If your last race is near the beginning of the month and you have provided 30 day notice we can discuss the possibility of a pro rated fee for the month.

_____ I am a current USAT member- I understand that this is important for risk management purposes and it is up to the athlete to renew each year. Your annual USAT membership supports the sport, coaches, clubs and race directors who provide opportunities for education, training, camaraderie and competition.

_____ I understand that Mile High Multisport, LLC requires a minimum 6 month commitment to coaching. If "I" elect to stop services prior to 6 months (from your first day of training) you are still responsible for payment for the duration of the 6 months. After the 6 month time frame, a 30 day notice is required prior to ceasing services.

_____ No Refunds will be issued at any time for any reason. You may discuss future credit with your coach. Payment is due by the first of the month. If my last key race of the season occurs prior to the 15th of the month I understand I will be billed for half the month. If my key race is on the 15th or beyond I understand I will be billed for a full month.

_____ I fully understand proper technique and safety in the following exercises: strength training, stretching, swimming, cycling and running. It is the athlete's responsibility to ask for guidance in these or any area pertaining to exercise and exercising in safe conditions (always swim with a partner in open water, changing weather conditions)

_____ I understand that it is the athlete's responsibility to maintain equipment in good working condition. This includes but is not limited to bike maintenance, running shoes, cycling helmet.

_____ I understand that sunscreen/hats should be worn during training/racing, winter clothes such as gloves/hat/pants/jackets are needed for cold weather.

_____ Weather conditions change quickly- it is the athlete's responsibility to determine if weather is inappropriate for prescribed exercise and make alternative plans. This includes but is not limited to thunderstorms, precipitation of any kind, wind and temperatures. If conditions are of question I understand that it is not mandatory that I not exercise outside.

_____ I understand that my coach is not a nutritionist* and that he/she may suggest dietary changes and or supplements such as sports drinks and electrolyte use. It is the Athlete's ultimate decision to study the contents and utilize the product. (*Coach Rachel Gerlach is a nutritionist, the rest of the MHM staff is not)

_____ I understand that the sport of Triathlon/Multisport training and racing is strenuous. I have had all health concerns evaluated by a physician. I understand that the athlete is fully responsible for seeking medical attention for any symptoms that may occur.

_____ I understand that it is the athlete's responsibility to notify his/her coach immediately of any injury/symptoms and will not exercise until communication is made between athlete/coach.

Date _____

Printed Name: _____

Signed Name: _____