

# Tri With Sway

## COACHING CONTRACT

I hereby contract Tri With Sway (Consuela Styer) as my personal coach for endurance sports. I agree to pay for services up front at the rate of \$150 for the period of July 12, 2008 through January 11, 2009. Services will include weekly training schedule received via email, two group workouts per week and unlimited email/phone communication. I understand that payment is due in advance of receiving said services.

## WAIVER AND RELEASE FROM LIABILITY

In consideration for being accepted as a client by Tri With Sway (Consuela Styer) for the purposes of improving my fitness, I hereby attest that I am in good health, that my statements in the Athlete Questionnaire are accurate to the best of my knowledge, and that my physical condition has been verified by a licensed medical doctor. I fully understand the risk inherent in such a fitness program and accept for myself, my heirs, and my personal representatives' full responsibility for personal bodily injury, death, or property losses that may occur as a result of my being a part of this program or engaging in training sessions. I hereby indemnify and save and hold harmless my coach and Tri With Sway (Consuela Styer) from any loss, liability, damage, and cost I may incur due to my participation in this program. I have read and voluntarily signed the waiver and release from liability, and further agree that no oral representations, statements, or inducements apart from the foregoing written agreement have been made.

**By signing below, I agree to the above Contract and Release from Liability.**

Please PRINT your full name \_\_\_\_\_

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

Guardian if under 18 (Print name) \_\_\_\_\_

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

**If you have any questions, please feel free to contact Consuela Styer (407) 718-9707 or e-mail [aleusnoc@aol.com](mailto:aleusnoc@aol.com)**

**Please retain a copy of this Contract and Release for your own records.**

# Tri With Sway

## PERSONAL EVALUATION

Name: \_\_\_\_\_ Preferred Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Cell Phone: (\_\_\_\_) \_\_\_\_\_ Home Phone: (\_\_\_\_) \_\_\_\_\_

E-mail Address: \_\_\_\_\_

What are the best times to reach you? \_\_\_\_\_

Birth date: \_\_\_\_\_ Age: \_\_\_\_\_ Gender:  Male  Female

Height: \_\_\_\_\_ Weight \_\_\_\_\_

Other personal information:

Occupation: \_\_\_\_\_ Hours per week: \_\_\_\_\_

Married?  Yes  No Children?  Yes  No

How did you hear about these coaching' services? \_\_\_\_\_