

BASKETBALL TRAINING CONTRACT, WAIVER, AND TERMS & CONDITIONS

PLEASE READ BEFORE SIGNING

Congratulations on your decision to take your game to the next level! Your goals are of great importance to me and based off of over a decade of post-high school basketball experience, we will achieve what you set out to accomplish most effectively if you can maintain one very important variable: *consistency*. Working hard in our sessions and absorbing the concepts, drills, and lessons are important, but then training yourself on what we work on outside of our sessions will be fundamentally key to your long-term success. Great players are not built in a few hours of work a week, they are built in a few hours of work *every day*.

Furthermore, what you do outside of the gym is just as imperative to your success as what you do inside of the gym. Taking ownership in your sleep, nutrition, and overall recovery habits will be things we periodically talk about and that I'll be checking in with you on.

Finally, with any training regimen, there are risks, including increased heart stress and the chance of musculoskeletal injuries. In participating in this program, you agree to assume responsibility for these risks and waive any possibility for personal damage. You also agree that, to your knowledge, you have no limiting physical conditions or disability that would preclude an exercise program.

By signing below, you accept full responsibility for your own health and well-being *and* you acknowledge an understanding that no responsibility is assumed by Make Yourself LLC.

_____	_____	_____
Participants name (print clearly)	Participants signature	Date
_____	_____	_____
Parent/guardian's name (if needed)	Parent/guardian's signature	Date



INDIVIDUAL AND SMALL GROUP RATES

Rates depend on the number of athletes in a session and training frequency per week. The rates below are for 1-2 sessions per week and fall under the **pay as you go** criteria outlined below. Please see package details on the next page if you are looking for more trainings per week.

Special considerations: Siblings will count as one person, even when in a group with other people. For example, if two brothers want to train together, the rate will be \$50 for “one” athlete instead of \$60 for two athletes.

Number of athletes	1	2	3	4	5	6	7+
Rate per athlete	\$50	\$30	\$25	\$20	\$18	\$16	\$15

TEAM RATES

This is a **great** option to get your team working together early and often, especially with ASAA rules limiting the amount that coaches can work with their teams in the offseason.

- The coach, or organizer, is responsible for distribution of waivers (provided by Make Yourself LLC) to their group, and collection of funds from participants.
- Sessions vary on price depending on the location in which you would like to train with your team. I live in Anchorage; therefore, if your team would like to train outside of the city, I am perfectly happy to make the drive, my rate is a bit higher to help accommodate for the extra time and for gas.
- Team training can either be basketball skills, strength and conditioning, or a combination of the two – it’s up to you!

Special considerations: Please note that while on contract with the University until May, if you coach a high school team, due to NCAA regulations these clinics cannot be *limited* to just your team; thus meaning that if another player from somewhere else heard about it, you’d have to be cool with letting them participate! Thank you for understanding and if you have any questions about this please do not hesitate to ask me.

Outside Anchorage Rate	1.5 hour session
	\$125
Local Anchorage Rate	1.5 hour session
	\$100

TYPE OF TRAINING I AM SELECTING

Information related to Combo Training and 1 on 1 Skills Training are outlined on the following pages.

SMALL GROUP TRAINING

COMBO TRAINING

1 ON 1 SKILLS TRAINING

TEAM TRAINING

1 ON 1 SKILLS TRAINING PAYMENT OPTIONS

Please choose the best option for you. We can discuss changing your plan at any time *after* the completion of your current program. With all one on one training, you will have a client profile created for you on my website, in which we will track your workouts, progress over time, keep any video recordings (for example shooting mechanics), etc.

Special considerations: Due to the nomadic style of basketball skills training in Anchorage (I do not own my own gym), the ability to schedule may fluctuate depending on time of year, if there is a scheduling issue outside of either of our control, particularly with finding gym times, then these sessions will carry on an infinite expiration date until used. If there are no scheduling conflicts, the unused sessions will expire after 30 days as detailed below.

PAY AS YOU GO - 1-2 sessions per week

Invoices will be sent out at the end of each calendar week. You will have 30 days from the date of the invoice to pay your balance or will be charged a cumulative 2% interest fee of the original bill, per every day unpaid.

PREPAID WEEK - \$130; 3 sessions of 1 on 1 training per week (\$20 savings)

Sessions are paid for and scheduled in advance. Client will be charged at no less than 48 hours (unless agreed upon by both parties) before the first training session. Bill must be paid before sessions start. Any unused sessions will be carried over for 30 days from purchase.

PREPAID WEEK - \$160; 4 sessions of 1 on 1 training per week (\$40 savings)

Sessions are paid for and scheduled in advance. Client will be charged at no less than 48 hours (unless agreed upon by both parties) before the first training session. Bill must be paid before sessions start. Any unused sessions will be carried over for 30 days from purchase.

PREPAID MONTH - \$500; 12 sessions of 1 on 1 training in the month (\$100 savings)

Sessions are paid for and scheduled in advance. Client will be charged at no less than 48 hours (unless agreed upon by both parties) before the first training session. Bill must be paid before sessions start or we can set you up with a recurring weekly payment plan (\$125/week). Any unused sessions will be carried over for 30 days from purchase.

PREPAID MONTH - \$620; 16 sessions of 1 on 1 training in the month (\$200 savings)

Same terms and conditions as the 12 sessions per month. Weekly recurring payment is (\$155/week).

PRO BONO (or) OTHER

This type of agreement has been verbally arranged, discussed, and agreed upon by the client and Make Yourself LLC.

COMBINATION TRAINING

In person sessions paired with your own custom strength and conditioning programming. A good player can be unathletic and skilled, or athletic and unskilled. A great player must have both, especially with how the today's game has evolved to an even faster style of play than in years past. I will offer input as to where I think they need to focus their time, but the type of session we do each week is ultimately up to the athlete.

Minimum age requirement: 10

All minors under 18 must be supervised in the gym by an adult.

ONE MONTH COMMITMENT: 2 SESSIONS PER WEEK + WORKOUT PROGRAMMING

Pricing \$120/week [\$480/month]

This is the ideal place to start. The more in person contact we have initially, the better, because you will be able to build up your confidence and movement toolbox faster. You will have two additional workouts programmed for you.

ONE MONTH COMMITMENT: 1 SESSION PER WEEK + WORKOUT PROGRAMMING

Pricing \$75/week [\$300/month]

Three additional workouts per week.

ONE MONTH COMMITMENT: 1 SESSION PER WEEK + WORKOUT PROGRAMMING

Pricing \$70/week [\$280/month]

Two additional workouts per week.

THREE MONTH COMMITMENT: 10% off SELECTED PROGRAM

Pricing: select any of the above packages, multiply by 3, and then take 10% off. Payment can be made in full at the beginning of the 3 month block or recurring payments can be set up to be made monthly or weekly. **All sessions must be scheduled at the beginning of each training month (not calendar month).**

[A. = \$108/week; \$432/month] [B. = \$67.50/week; \$270/month] [C. = \$63/week; \$252/month]

TERMS & CONDITIONS OF THE CONTRACT

Please initial next to the following terms to indicate your understanding and agreement to each.

SCHEDULING & CANCELATIONS

1. Scheduling and payment for the training month must follow what is outlined in program selection. Reschedules during the month can be negotiated as needed.
2. Personal training sessions that are not rescheduled or canceled **24 hours in advance** will result in forfeiture of the session and a **loss of the full financial investment** at the rate of one session.
3. Clients arriving late will receive the remaining scheduled session time, unless other arrangements have been previously made with the trainer.

EXPIRATION OF SESSIONS & REFUNDS

1. Prepaid monthly sessions will expire 14 days after day the end of the training month. Unused personal training sessions are void after this period of time.
2. Prepaid monthly sessions in the three month commitment plan will expire 14 days after the end of the three month training period.
3. No personal training refunds will be issued once paid for **unless there are serious and extenuating circumstances**, which will be determined by the trainer.

The training sessions I am selecting are _____ (as checked above).

By signing below, I agree to the terms and conditions of my training sessions with Make Yourself LLC and understand that failure to meet any of these conditions or violations of the contract may result in termination of working together and may result in legal action by the State of Alaska. The agreement is effective as of the date written below.

Participants name (print clearly) Participants signature Date

Parent/guardian's signature (if needed) Date

Trainer's name (print clearly) Trainer's signature Date

I would like to receive once a week email updates from Make Yourself LLC on events and useful information relative to development as an athlete.

Email