

# Small-Group Personal Training for Baseball & Softball 2009

**ATHLETE NAME** \_\_\_\_\_

## SELECT LEVEL

MIDDLE SCHOOL     HIGH SCHOOL     COLLEGE/AMATEUR     PROFESSIONAL

## SELECT PACKAGE

- 15 sessions at \$30 per session (\$450)\*  
 100 sessions at \$25 per session (\$2500)\*\*

\$ \_\_\_\_\_

\*you have 6 months to use your 15 session package.  
 \*\* you have 18 months to use your 100 session package.

**SPECIAL OFFER!** Sign up for 100 session package and receive a full membership to COREXCEL (\$1200+ value)! COREXCEL grants you online access to your workouts, reports, questionnaires, nutrition & training secrets, and much more!

## SELECT DAYS & TIMES

<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>	<b>Saturdays</b>
<input type="checkbox"/> 415-515pm	<input type="checkbox"/> 530-630pm	<input type="checkbox"/> 415-515pm	<input type="checkbox"/> 530-630pm	<input type="checkbox"/> 415-515pm	<input type="checkbox"/> 1000-1100am <input type="checkbox"/> 1100-noon <input type="checkbox"/> noon-100pm

### 1-on-1 Athlete Evaluation

\$100 -includes free Performance T-shirt-  
 -Required for all new athletes or those who have not trained in the last year-

+

\$ \_\_\_\_\_

### Payment Options

Check # \_\_\_\_\_     Cash     EFT  


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 CC# \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    Exp. \_\_\_\_/\_\_\_\_/\_\_\_\_

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### Grand Total

\$ \_\_\_\_\_

Office Use:     Waiver     Mind Body     COREXCEL     Paid    Start date \_\_\_\_/\_\_\_\_/\_\_\_\_    Updated 9-16-09

<b>ATHLETE INFORMATION</b>		T-shirt size <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL
Name:	Date of Birth:	Grade
School:	Sport:	Coach:
Club/School:	Sport:	Coach:

<b>PARENT INFORMATION</b>		
Name:	Email:	
Address:	City:	Zip Code:
Home Phone:	Mobile Phone:	

**Reschedule Policy**

We require **at least 12 hours advanced notice** to reschedule a SMALL-GROUP PERSONAL TRAINING session or the session will be forfeited. All sessions must be completed by the package expiration date, or they will be forfeited. Call 608.831.CORE (2673) to reschedule sessions.

**Refund/Cancellation Policy**

I understand that my entire fee, less a \$50 nonrefundable processing fee will be refunded if such an athlete cancels at least 2 weeks prior to the first day of training. At any time after that date, I will receive a credit minus the \$50 registration fee for future instruction. I further understand that there will be no refund or credit for days unattended. Core Athletic reserves the right to cancel any program offerings or decline any application.

**Waiver and Release of Liability**

Upon payment of the initial fee, you will become a user of the CORE Athletic, LLC Fitness Center ("Center"). You will be entitled to an appropriate pro-rated refund of fees actually paid to this facility. To obtain a refund, present the original white receipt of your payment and a certification by a licensed physician stating that you are restricted from using the services of this facility by reason of permanent and total disability. Upon certification (as set forth above) of a temporary physical disability, the balance of your usage will be extended during the term of such disability. You agree to obey all rules and regulations now in force or in the future prescribed by the Center for the use of the Center's facilities. CORE Athletic, LLC reserves the right to revoke a user's use of the facilities if the user fails to obey any such rules and regulations. The Center cannot provide safekeeping of your personal property. If you bring items of value to the Center, you do so at your own risk. By providing your name and telephone number, you hereby expressly permit and authorize CORE ATHLETIC LLC. representatives to contact you via telephone or the internet to discuss your interest in our programs. We reserve the right to use photos for promotional events and future use. CORE ATHLETIC LLC. will not sell your personal information to other parties. You certify, to the best of your knowledge, that you are in good physical health and have no dietary or physical restrictions which would prevent you from participating in the prescribed programs at the Center. You agree that you are not to exercise or use any equipment before you have been instructed properly by a staff member. You, as a CORE client, must follow the CORE prescribed exercise program. In the event you do not follow the CORE prescribed exercise program and you sustain an injury as result of not following the CORE prescribed exercise plan, CORE ATHLETIC, LLC or Breslive, LLC, shall not be responsible for any damages sustain by you. You acknowledge that you have read the above, understand the contents and received a copy.

<b>Signature:</b>	<b>Print Name:</b>	<b>Date:</b> / /
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**How did you hear about CORE ATHLETIC?**

- Sport Coach \_\_\_\_\_
- Friend: \_\_\_\_\_
- Keva Sports Center
- Other: \_\_\_\_\_
- Core Athletic Website
- Core Athletic Newsletter

**RETURN COMPLETED FORMS TO:**

CORE ATHLETIC, 2275 Deming Way Ste. B100, Middleton, WI 53562  
 608.831.CORE (2673) or [info@coreathletic.com](mailto:info@coreathletic.com)