***Athlete Contract***

This Agreement between **Dfine LLC** and (athlete name) , is an agreement regarding the relationship for strength & conditioning training and the following information:

**Commitment:** By signing this contract the signee is committed to a series of 1 hour trainings, the athlete is committed to the full training session. Unfortunately make ups will not be available. Athletes should follow the instructions of the trainer at each training to the best of their ability in order to complete the training safely.

**Punctuality:** Athlete is expected to arrive on time and come prepared with proper fuel and hydration ready work at the arranged training time. Substitutions for a different training time will not be available.

**Communication:** If Athlete anticipates being absent or running late, he/she should inform the trainer as soon as possible. It is Athlete’s responsibility to notify the trainer of any discomfort or pain arising during the training session.

**Attire:** Athlete must wear comfortable workout attire, including, but not limited to, clean t-shirts, shorts, tights, sweats, and/or tracksuits and proper athletic shoes. Please do not hesitate to ask your trainer for advice on what type of clothing and shoes are appropriate.

**Payment:** Payment for each session is to be paid before the 1st training hour.

Session Notes:

All information that is exchanged between the athlete and **Dfine LLC** will be kept confidential and will not be disclosed to any outside entities without athlete or parents’ consent.

Parent/Guardian if athlete is under 18 years Athlete

Date: Date:

Dfine LLC (Julene Barrett)

Date:

4/16