



New England Triathlon Training Program

PRIVATE SESSION or SMALL GROUP

print form

Name:		Date of Birth				
Address:		Phone #:				
		Email:				
What is your athletic/fitness background?		What are your athletic/fitness goals this year?				
Do you have a goal distance or event(s) planned for this year? If so, describe briefly...		Number of days and hours per week you have available to train.				
How much are you currently training per week? (fill in the table to the right) Are you currently receiving any other coaching?		ACTIVITY	TIME	DISTANCE		
		SWIM				
		BIKE				
		RUN				
		STRENGTH		N/A		
		OTHER				
Describe any injuries or physical limitations.						
Select a program - circle your choices Make your check out to : New England Triathlon Training. Send the check and completed, signed form to: Sharon Johnson 3 Little Rob Rd. Atkinson, NH 03811		HOURLY RATES	PRIVATE	SMALL GROUP		
				2	3	4
		1 SESSION	\$60	\$110	\$145	\$180
		3 SESSIONS	\$170	\$300	\$420	\$530
		5 SESSIONS	\$260	\$450	\$660	\$870
To enroll in the program, please read and sign the waiver below.						
<p>New England Triathlon Training Program Waiver</p> <p>I, the undersigned participant, parent or legal guardian if under age 18, intending to be legally bound, do Here by certify that I am physically fit, and have not been informed otherwise by a physician. I acknowledge that I am aware of the risks inherent in triathlon (training, competition, recreation) including possible permanent disability or death, and agree to assume all of those risks. As a condition of my participation in a New England Triathlon Training Program, or any activities incident thereto, I hereby waive any and all rights to claims for loss or damages, caused by negligence, active or passive, including all claims for loss or damages caused by negligence, active or passive of the following: New England Triathlon Training Class, USA Triathlon, the Merrimack Valley YMCA, and any individuals running the program or supervising such activities. I consent that the photographs and/or video, taken by photographers/film crew shall remain the property of New England Triathlon Training and may be used for the purpose of advertising, publicity, in house publications and promotions.</p>						
DATE:			SIGNATURE:			