

PERSONAL COACHING CONTRACT AND WAIVER

COACHING CONTRACT

I hereby contract DDKJR, LLC dba Fast Splits Coaching as my personal coach for endurance sports. I agree to pay for services up front at the rate of \$____ for the services outlined in Schedule __ of the Coaching Services Pricing Schedules form. 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 DDKJR, LLC dba Fast Splits Coaching 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 Doug Kugley, Jr. and DDKJR, LLC dba Fast Splits Coaching 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 Doug Kugley at DDKJR, LLC dba Fast Splits Coaching at 813.995.4628 or email doug@fastsplitscoaching.com

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