



Coaching Contract and Athlete Waiver

Coaching Services:

I hereby contract Harvey Gayer with Tri Coach Georgia as my personal coach for endurance sports, including but not limited to triathlon, running, cycling, swimming, strength, nutrition, and mental preparedness. I agree to pay an initial consultation fee of \$150.00 which will be applied towards the first month's coaching fees if a three month or greater agreement is executed. I agree to pay for services up front at the rate of \$250.00 per month of coaching (minus applicable discounts for pre-payment or long term contracts). I understand that payment is due in advance of receiving said services.

One-on-one Skills Coaching

I understand that one-on-one skills coaching sessions are not included in the price for monthly coaching services unless otherwise indicated, and are billed separately at a rate of \$100.00 per hour.

Waiver and Release from Liability

In consideration for being accepted as a client by Harvey Gayer with Tri Coach Georgia, I hereby attest that I am in good general health, and a physician has verified this. I attest that my statements in the Athlete Questionnaire are accurate to the best of my knowledge. I fully understand the risk inherent in such a fitness/ training program, such as, but not limited to, triathlon, duathlon, cycling, mountain biking, swimming, running, strength training or any other endurance sport or activity, and can be an extreme test of my physical and mental limits. I 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, or competition of any kind. I hereby indemnify and save and hold harmless my coach, Harvey Gayer and/or Tri Coach Georgia, its officers, directors, administrators, employees, consultants, coaches, agents, or sponsors from claims, costs or liabilities for personal injury, illness, death or damages of any kind which I may have now, or receive at any time in the future, resulting from participation in this or any competition, race, or other 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. This release will be effective for all services provided by Harvey Gayer with Tri Coach Georgia.

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 Harvey Gayer at slayer@tricoachgeorgia.com.