

# RISE PROS TRAINING



## Expectations of Training

\*\*\*Player must arrive on time and be ready to train at the beginning of their designated session.

\*\*\*Each session will last approximately **one** hour.

\*\*\*It is the player's responsibility to bring their desired water(s) or sport drink(s) for each session.

\*\*\*Players must be dressed appropriately for their training session (athletic shoes & attire only).

\*\*\*All cancellations of training sessions must be made 24 hours before your scheduled session.

If you fail to cancel your session within the 24 hour period, that session may not be rescheduled. However, if you cancel within the designated time frame, your session will be scheduled for another date.

\*\*\*PAYMENT FOR CLINICS ARE \$60 PER DAY SESSION (2.5 HR SESSION)

\*\*\*Payment for each weekly session will be due at the conclusion of the training session (fee is per trainee)

(Current fees: \$20/per session). If you pay with a check, you will be held responsible for any fees that may occur if the check does not clear plus a \$25 penalty (normal time frame for bank to realize a check is bad can be anywhere from one to several weeks). **All checks can be made out to Jonathan Thomas.**

\*\*\*Parents are more than welcome to stay & watch workouts. However, we encourage parents to only spectate while their child/children are in session. Parents are required to pick their child/children up at the conclusion of each session.

\*\*\*Each player **MUST** be respectful to trainer(s) and fellow participants. Failure to comply may result in player being asked to leave.

\*\*\*Player must arrive ready to train, ready to learn, and ready to have fun.

\*\*\*No player can participate without signing this form, as well as the Release of Liability/Consent form.

I ACKNOWLEDGE THAT I HAVE READ AND THAT I UNDERSTAND EACH  
AND EVERY ONE OF THE ABOVE PROVISIONS IN THIS EXPECTATION OF  
TRAINING AGREEMENT AND AGREE TO ABIDE BY THEM.

\_\_\_\_\_  
Name (Please Print) Parent or Guardian if under 18

\_\_\_\_\_  
Signature (Parent or Guardian if under 18)

\_\_\_\_\_  
Date

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