

# U23 TEAM ATHLETE TRAINING



Athlete Name \_\_\_\_\_

Age / Date of Birth \_\_\_\_\_

Parent / Guardian Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

## Program Description and Dues\* (select one)

- !!!! PERFORMANCE** Subject to coach approval
- !!! COMPETITIVE** 3-4 workouts per week & individualized monthly training plan (including coach/athlete goal assessment)
- \$100 / 1 month
  - \$450 / 5 months (March 28, 2011 - August 28, 2011)
- !! CROSS TRAIN** 1-2 workouts per week & monthly training schedule (including coach/athlete goal assessment)
- \$75 / 1 month
  - \$350 / 5 months (March 28, 2011 - August 28, 2011)

### \*Includes:

- Get Out! Coaching, Training, Team Events, Workshops and weekend Adventures
- Team Core Training classes at Core Value Fitness
- Team Pricing on Orbea bicycles, clothing and accessories and Exteondo clothing through Sixty-five.12
- Team Pricing on Stan's NoTubes wheels and any additional 2011 Get Out! sponsorship
- Team Pricing on bike fit, bike service, heart rate tests, VO2Max tests, hyperox training, nutrition counseling, etc. through organizations including but not limited to Durango Bike Fit, The Service Cycle, Quantified Performance and Durango Performance Center

**Does not include** Get Out! jerseys, apparel, items from Get Out! store, equipment, gear, race/competition fees, race/competition license, travel expenses or special Get Out! Adventures

Dues go towards coaching. Dues payable online [www.getout-durango.org](http://www.getout-durango.org) or by check to: Outback Adventure, Inc.

### Agreement

I agree to abide by the rules, policies and procedures set by Get Out! and Outback Adventure, Inc. I the undersigned, for myself, my heirs, and personal representatives, waive and release any and all rights and claims for damages I may have against the Get Out! and Outback Adventure, Inc. coaches for all claims of damages or injury whatsoever in any manner arising from my participation in or transportation to and from any Get Out! programs, including, but not limited to, training sessions, races, competitions, training camps, workshops or events.

Athlete Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent / Guardian Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_