

Name _____ Phone _____

Email _____ We do not sell or abuse this privilege, used solely for informational purposes & contact in the event of schedule changes etc.

Address _____

Emergency Contact Name _____ Phone _____
Relationship _____

Referred by: _____ I Heard About Tiger Coaching: _____

I acknowledge that training for and/or participating in personal training sessions, group fitness classes, workshops, events, races, and any other physical activity with Tiger Coaching & Personal Training is a test of a person's physical and mental limits and such training or participation poses potential risks of serious bodily injury, death, or property damage. With full understanding of the risks I am taking, I HEREBY ASSUME ALL THE RISKS OF TRAINING FOR AND PARTICIPATING IN SUCH EVENTS and agree to the following (initial statement to which you agree at the "Init" space):

(Init) ___ Tiger Coaching & Personal Training, Inc has been retained to assist me in the improvement of my fitness.

(Init) ___ I hereby attest that I am in good health and my physical condition has been verified by a licensed medical doctor.

(Init) ___ In consideration of being accepted as a fitness client by Tiger Coaching & Personal Training, Inc., I hereby take the following action for myself, my executors, administrators, heirs, next of kin, successors and assigns, or anyone else who might claim or sue on my behalf: (a) I WAIVE, RELEASE, AND DISCHARGE from any and all claims, costs, or liabilities for death, personal injury or damages of any kind, which arise out of or relate to my training for or participation in a bicycling, running, swimming, triathlon or duathlon event, THE FOLLOWING PERSONS OR ENTITIES: Tiger Coaching & Personal Training, Inc, its Officers, Directors, employees, coaches, consultants, and agents of any of the above (collectively, "Tiger Coaching"); (b) I AGREE NOT TO SUE any of the persons or entities mentioned above for any of the claims, costs or liabilities that I have waived, released or discharged herein; and (c) I INDEMNIFY, DEFEND, and HOLD HARMLESS the persons or entities mentioned above from any claims made or liabilities assessed against them as a result of my actions except those resulting from the willful acts or gross negligence of Tiger Coaching & Personal Training, Inc

(Init) ___ I am solely responsible for my debits. I agree to pay collection fees, if my debits are 60 or more days overdue.

(Init) ___ I agree to abide by the laws of the State of Nebraska and to litigate any disputes between myself (the Client) and Tiger Coaching & Personal Training, Inc. within the legal jurisdiction of Nebraska.

(Init) ___ I AFFIRM THAT I AM EIGHTEEN (18) YEARS OF AGE OR OLDER, I HAVE READ THIS DOCUMENT AND UNDERSTAND ITS CONTENTS.

Signed by _____ this _____ Day of _____ 2015