

X Athletics Training Contract

Please fill out the highlighted sections of this agreement.

This X Athletics Training Agreement is entered into as of _____ (Today's Date), by and between _____ (Athlete's Name) and Owner/Trainer Xavier Wishert.

Program Description

Trainer agrees to provide athletic training services to Athlete as part of a comprehensive program designed to improve physical performance and meet specific fitness or athletic goals. The training program will include personalized sessions, guidance, and support as outlined in the agreed training plan. Group sessions are also offered to build strength, work agility, and allow competitiveness with other athletes at the same skill level.

Commitment Period

The Athlete agrees to participate in the training program for a minimum commitment period of four (4) months, beginning on _____ (Start Date) and ending on _____ (End Date).

Payment Terms

Athletes must pay for training services in advance at the beginning of each month. Monthly payment for the 1 on 1 training is \$50 per session (**You may schedule however many sessions you would like for that month**) and/or a one time \$250 Group session, due no later than the 3rd day of each month. Payment may be made via cash, check, venmo, cashapp. **Failure to make timely payments may result in suspension or termination of training services.**

Cancellation and Refund Policy

This Agreement is **non-cancelable** by the Athlete during the four-month commitment period except in cases of documented medical necessity or extraordinary circumstances, subject to Trainer's approval. No refunds will be provided for unused sessions or early termination.

Athlete Responsibilities

Athlete agrees to attend all scheduled training sessions on time and notify Trainer at least 24 hours in advance if unable to attend a session. Athletes will follow the guidance and instructions provided by Trainer and communicate any injuries, limitations, or concerns promptly.

Trainer Responsibilities

Trainer will deliver professional and personalized training services to the best of their ability. Trainer will provide a safe and supportive environment for training sessions and ensure the program aligns with the Athlete's goals and capabilities.

Liability Waiver

Athlete acknowledges and accepts the inherent risks associated with physical training and agrees to hold Trainer harmless from any injuries, damages, or losses resulting from participation in the training program, except in cases of Trainer's gross negligence or willful misconduct.

Entire Agreement

This Agreement constitutes the entire understanding between the parties and supersedes any prior agreements, whether written or oral, relating to the subject matter herein. Any amendments to this Agreement must be made in writing and signed by both parties.

Acknowledgment and Signature

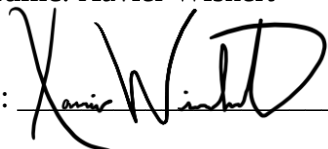
By signing below, the Athlete and Athlete's Guardian acknowledges having read, understood, and agreed to the terms and conditions of this Agreement.

Athlete Name: _____

Signature of Guardian: _____

Date: _____

Trainer Name: Xavier Wishert

Signature:  _____

Date: January 1st, 2025