

# ADAPT Sports Lab Training Agreement

Date: \_\_\_\_\_

Athlete's Name: \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_

Training Start Date: \_\_\_\_\_

Training End Date: \_\_\_\_\_

## Program Selection

(Please circle one)

GOLD: Next Level Academy — \$449/month | 16-week commitment (4 months)

- 3 evenings per week (1 hr 45 min each)
- Progressive M3 Velocity System™ (advanced speed, explosiveness, in-game acceleration)
- MindEdge Development™ (resilience, adaptability, thriving under pressure)
- VALD testing at baseline, midpoint, completion
- 2 Parent/Athlete Recruiting Strategy Sessions
- Exclusive Bonuses: Winter Camp + Special Events

SILVER: ANBOS Training — \$299/month | 12-week commitment (3 months)

- 2 evenings per week (1 hr 45 min each)
- Advanced speed, strength & explosiveness (M3 Velocity System™)
- MindEdge Development™ (confidence, adaptability, focus)
- VALD baseline + completion testing
- Parent Snapshot Reports

## Commitment & Extension

- I understand this agreement requires the minimum commitment listed above for the selected program.
- At the end of the initial term, this agreement may be extended on a month-to-month basis or renewed for an additional term.

## Payment

- Payment is due on the 1st of each month via [credit card, ACH, etc.].
- Late payments may result in a \$50 late fee and suspension of training until the balance is cleared.

## No Refunds / Cancellation Policy

- All tuition payments are non-refundable once the program begins.
- If an athlete withdraws before completing the commitment, the full program balance is still due.

- In cases of documented injury or medical condition preventing participation, training credit may be applied to a future program at the discretion of ADAPT Sports Lab.

Parent/Guardian Initials: \_\_\_\_\_

**Waiver & Acknowledgment**

- I understand athletic training involves physical activity and carries a risk of injury.
- I release ADAPT Sports Lab, its coaches, and staff from liability for injuries that may occur during training, except in cases of gross negligence.
- I agree that my athlete will follow all training guidelines, safety instructions, and facility rules.

**Signatures**

Parent/Guardian Name (print): \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Athlete Signature (if 18+): \_\_\_\_\_ Date: \_\_\_\_\_

Coach/Representative (ADAPT Sports Lab): \_\_\_\_\_ Date: \_\_\_\_\_