

Please complete and bring with you to first training session



ALL SPORTS ELITE TRAINING CONSULTANTS - Seminole County FL
407-583-7050 - www.allsportelitetraining.com asetconsultants@gmail.com

ATHLETE CONTACT FORM

GROUP & INDIVIDUAL SPEED, AGILITY AND CONDITIONING TRAINING

- * All Training By Appointment Only
- ** Please call for rates and scheduling

TRAINING LEVEL / AGE GROUP	DAYS
Middle School (ages 11-14) - intermediate	Tue, Thur, Sat
High School (ages 14+) or Advanced	Tue. Thur, Sat
Introduction to Speed and strength training (6-10)	Sat

ATHLETE & PARENT/GUARDIAN INFO			
First Name:		Mid initial:	Last name:
Height:	Weight:	Age:	BDAY:
Home #		Cell#	
Parent/s Name/s:			Prim Cell:
Street Add:		City:	Zip:
Email 1:		Email 2:	
School:		Sport1	Sport2:

WAIVER OF LIABILITY

I attest that the above child (athlete) is in good health and able to participate in the strenuous physical activities that may be required of a speed, agility and conditioning program. I understand that neither **All Sport Elite Training Consultants** nor anyone employed by **ASET** will be held liable for accidents and/or other expenses incurred as a result of participation in this training program.

Signature of Client/Parent if athlete is under 18

Date

"INSPIRING MINDS ** CHALLENGING BODIES"**