



Training and Scheduling Policies

TRAINING FEES Training fees are to be paid at the first training session and become non-refundable at that time. The training program is designed to be completed in **6-8 weeks** in order to achieve optimal results. If after **90 days** training has not been completed, **your remaining sessions will be forfeited**. If failure to complete the program is due to competitive athletic participation, time constraints, or a physician's advice, arrangements to extend your training period must be made and approved by the director, *prior to the 90-day expiration date*.

INFORMATION Participants must complete medical history forms and read and sign the Informed Consent and Waiver of Liability forms before beginning training. During training, please inform us of **any** injury you sustain between your scheduled appointments with Acceleration Indiana.

SCHEDULING All training is done by appointment only. Treadmill and plyometric sessions are scheduled on the hour. Sport Cord training sessions may be scheduled on the hour or the half hour. **Participants need to arrive 15 minutes before their scheduled appointment to ensure adequate time for warm-up.**

FAILURE TO SHOW FOR AN APPOINTMENT If an athlete fails to show for a scheduled training session, they **will forfeit a paid training session**. For example, if you have paid for twelve sessions, you will only receive 11; the 12th session will be eliminated from your program. The forfeited session may be reinstated for an additional fee.

CANCELLATION POLICY

- Cancellations need to be made **24 hours in advance** or the athlete will either be charged **\$30** for that session or forced to **forfeit** that training session.
- **Saturday** appointments must be cancelled before **9:00AM on Friday**.
- If you call after hours on the day before your appointment, please leave a voicemail message to ensure that you will not be charged for the cancellation.
- **If you wake up sick the morning of your appointment, please call before 8:00 AM** to cancel your appointment; **leave a voicemail message** to ensure that you will not be charged for the cancellation.
- If you find it necessary to cancel a same day appointment, please be considerate and call as early as possible so we may make necessary changes for our staff and other athletes. Same day cancellation results in a forfeit of that session and/or a \$30 charge to reinstate that session.

LATE FOR A SCHEDULED APPOINTMENT

- If you are going to be late, please call and let us know your situation.
- If you are late, you will receive a modified training session to fit the remaining time left of your session.

RECORDING DEVICES

- No visual or audio recording of any type is allowed in this facility.
- Special situations may be allowed, but require written approval from the Facility Manager.

Parent's Name (**please print**): _____ Phone: _____

Signature: _____ Date: _____



INFORMED CONSENT and WAIVER of LIABILITY

Thank you for choosing to use the facilities, services, or programs of Acceleration Indiana, Inc. Please read and sign the following informed consent agreement. If you have any questions please ask them.

Name (of Participant): _____ Phone: _____

Address: _____

1. **MY PARTICIPATION IS VOLUNTARY** and I may withdraw from the evaluation or program at any time. The benefits associated with my participation include information regarding my personal state of fitness and the increase of my physiological knowledge.
2. **TRAINING AND TESTING** will be done by the staff of Acceleration Indiana, Inc.
3. **I HEREBY CONSENT TO AND PERMIT** Acceleration Indiana, Inc. to use the data obtained in reports or publications, but my identity will not be associated with such reports unless I have given specific written permission to do so.
4. **DISCLOSURES ABOUT RISKS AND DISCOMFORT**
 - I know that there are risks of injury associated with any activity involving physical exercise. Generally, injuries that might be encountered are minor and temporary, such as strains, sprains, pulled muscles, bruises, scrapes and the like, but I am aware that serious and even life-threatening injuries can occur.
 - During the Frappier Acceleration® Program or the Frappier Ground Based Acceleration Program, as well as during any vigorous exercise, there exists the possibility of certain changes and risks during the workouts. These may include abnormal blood pressure, a feeling of being light headed, nausea, disorders of heartbeat and, in rare instances, heart attack or stroke. Every effort will be made to minimize these abnormalities by observation during the workout.
 - I understand that observation in the training area of the participants' activities by the participants, family, friends, or guests should be undertaken at his/her sole risk, and the training center shall not be liable for any injuries or any damage to any participant or guest, or the property of any participant or guest. I acknowledge that there is risk of bodily injury to anyone observing the participants training due to potential collision with another participant or staff member, impact by a ball, bat, puck, stick or other sports device being used by a participant, or by accidental contact with any training equipment (mechanical or electrical) being used by training center participants or staff member.
 - I voluntarily accept the risks associated with my participation in the Program. To lessen the risks of injury, I understand that it is my responsibility to:
 - Follow all directions given to me by the Program staff.
 - Provide accurate information about my medical condition and history to the Program staff.
 - Make sure any equipment that I use is properly set up and adjusted before using.
 - Stop exercising if I feel any pain, discomfort, dizziness, shortness of breath, overheating or other unusual sensation and not resume until I have discussed the matter with the Program staff and have been cleared for further participation.
 - Not perform any exercise until I am sure of the proper technique.
 - Report equipment that I find defective or in need of repair and not use it until fixed.
 - Obey all rules concerning the use of equipment, facilities, or the Program.
 - Ask questions if I am uncertain about anything involving the equipment, facilities, or Program.

