

ATHLETIC  REPUBLIC™
TRAINING AND SCHEDULING POLICIES

The dedicated athlete knows that performance improvement is an ongoing year-round process. Each season has different training protocols with specific focused goals. Understanding and knowing how and when to train throughout the year is imperative for each athlete. We look forward to the privilege of creating and delivering an individualized annual training plan for you that looks at your goals . . . ongoing, consistent improvement in strength, power, speed, agility, and flexibility with physical and mental toughness. The confidence that athletes achieve by dedicating their time and giving their energy and commitment to their sport will be rewarded in all aspects of their life. Competing is a lot more fun when you are one of the top players prepared for any challenge.

We consider the investment in **AROC Performance Sports Training** to be a very important part in achieving these athletic goals. We'd like each of our Athletic Republic athletes and their families to know that it is the ongoing commitment to the program (physically, mentally, emotionally) that will have the greatest impact upon meeting each athlete's specific goals. As you would expect, the staff at Athletic Republic takes the job of improving athletic performance very seriously and is honored by the opportunity.

Information – Athletes must complete the medical history forms and read and sign the Informed Consent/Release/Waiver forms before beginning training. During training, please inform us of any injury you sustain between your scheduled appointments.

Training Fees and Refunds – Program fees can be paid up front in full or on a monthly schedule. We accept major credit and debit cards. Fees are non-refundable. Any missed sessions can only be made up while the athlete is an active paying monthly member.

Scheduling – All training is done on a schedule and by appointment. Athletes need to arrive 15 minutes before their scheduled appointment to ensure adequate time for warm-up and stretching.

Cancellation Policy

- If you are unable to attend your scheduled training session, please cancel 24 hours in advance.
- Rescheduled appointments can be made within the contract terms.
- If calling after hours on the day before your appointment, please leave a voicemail message. This will allow our staff to schedule another athlete into that time.
- When cancelling a same day appointment, please let the AROC staff know as early in the day as possible, so the appropriate schedule changes can be made.

Late For a Scheduled Appointment

- If you are going to be late, please call and let us know your situation.
- If you are late, we will need to modify the training session to fit the remaining time left in your session.

Athlete's Name

Parent/Guardian Name

Athlete's Signature

Parent/Guardian Signature

Date