

# COACH ERIC 365

## Professional Disclaimer & Terms of Use

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### **Purpose**

Coach Eric 365 provides educational content, coaching insights, athlete development resources, mentorship, and performance-based guidance designed to support athletes, coaches, parents, and teams. The information shared through Coach Eric 365 is intended for educational and informational purposes only.

### **Not Medical Advice**

Coach Eric 365 is not a medical provider and does not provide medical advice, diagnosis, treatment, rehabilitation, or healthcare services. Participants should consult a physician or qualified healthcare professional before beginning any exercise, conditioning, recovery, or performance program.

### **Not Mental Health Treatment**

Coach Eric 365 does not provide psychological counseling, psychotherapy, psychiatric services, mental health treatment, or crisis intervention. Discussions related to confidence, mindset, leadership, resilience, motivation, focus, performance, and personal growth are educational coaching concepts and should not be considered mental health treatment.

### **Exercise, Training & Performance Disclaimer**

Coach Eric 365 may provide workouts, conditioning programs, drills, exercises, recovery recommendations, performance-development activities, and educational content. Participation in any workout, exercise program, training activity, drill, or physical challenge is voluntary and undertaken at the participant's own risk.

Participants and parents/guardians are responsible for determining whether any activity is appropriate based on the participant's age, fitness level, skill level, health condition, injury history, and medical status.

By participating in any activity, participants acknowledge that physical activity carries inherent risks, including but not limited to strains, sprains, falls, illness, permanent injury, disability, or death.

Coach Eric 365, Coach Eric Poppelman, and affiliated organizations shall not be liable for injuries, damages, losses, or claims arising from participation in or reliance upon any workout, exercise program, training recommendation, educational content, or performance-development activity.

### **No Guarantee of Results**

Individual results will vary. Coach Eric 365 does not guarantee specific athletic, academic, personal, or performance outcomes.

### **Contact Information**

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*Building Athletes. Growing the Game.*