

GROUP TRAINING AGREEMENT

Effective March 19, 2026

Coach Jacob | 480-815-0064 | cabtraining2019@gmail.com

Welcome to CAB Training! This Agreement outlines the expectations, policies, and commitments for all group training memberships. Please read this document carefully — by registering, you acknowledge and agree to all terms below. If you have any questions before signing up, text Coach Jacob at 480-815-0064 to schedule a call.

1. Membership Types & Commitments

CAB Training offers two types of group training memberships:

Monthly Membership — 3-Month Minimum Commitment

Monthly memberships are billed automatically each month and carry a 3-month minimum commitment.

- You are billed on the day you register, and every 30 days thereafter.
- You are committed to a minimum of 3 monthly payments.
- After your 3-month commitment is fulfilled, your membership automatically continues month-to-month at the same rate until canceled in writing.
- To cancel after fulfilling your commitment, please provide written notice at least 14 days before your next billing date.
- To cancel before completing your 3-month commitment, you may buy out the remaining months to be released from the agreement.

Upfront Plans — 3, 6, or 12 Months

Upfront plans are paid in full before training begins and receive a discounted rate in exchange for full payment upfront.

- Your plan start date is the date of your first attended session — not the date of registration or payment.
- Your plan end date is exactly 3, 6, or 12 months after your first attended session, depending on which plan you purchased.
- Example: If you purchase a 6-month upfront plan and your first session is June 2, your plan runs through December 2.
- If you register but have not yet attended your first session, your plan clock does not start until that first session.
- Upfront plans are non-refundable. See Refund Policy (Section 8).
- Upfront plans cannot be paused. See Upfront Plan Extension Policy (Section 3) for the only exception.

Cancellation (Monthly Memberships)

To cancel your monthly membership, please send written notice to cabtraining2019@gmail.com at least 14 days before your next billing date. Verbal notice is not accepted. Without written notice, your membership will automatically renew for the next billing period.

2. Pause Policy

Pause requests are available only for monthly members who have completed their 3-month minimum commitment.

- You may pause your membership for a maximum of 1 billing cycle (1 month).
- Pauses beyond 1 month will result in automatic cancellation. You are always welcome to re-enroll when you're ready to return.
- To pause, please notify Coach Jacob in writing at least 14 days before your next billing date to avoid being charged.
- Upfront plan holders (3, 6, or 12 month) are not eligible to pause. See Section 3 for injury/illness exceptions.

3. Upfront Plan Extension Policy

Upfront plans run for their full purchased duration and cannot be paused or extended under normal circumstances.

Exception — Major Injury or Illness: If your athlete sustains a significant injury or illness that prevents participation for 3 or more consecutive weeks, Coach Jacob may, at his sole discretion, grant a session extension equal to the time missed. To be considered:

- Please notify Coach Jacob in writing within 7 days of the injury or illness onset.
- Provide documentation (e.g., a doctor's note or medical record) confirming the condition and estimated recovery timeline.
- Extensions are not guaranteed and are reviewed on a case-by-case basis.
- Extensions do not apply to minor soreness, minor illness, vacations, school conflicts, or scheduling preference.

4. Scheduling Sessions

All sessions must be scheduled and managed through the CAB Training app or the Coach IQ app. This keeps everything organized and ensures Coach Jacob can prepare the best experience for every athlete.

- All sessions must be scheduled through the CAB Training app or Coach IQ app at least 2 hours before the session start time.
- All session cancellations must also be submitted through the CAB Training app or Coach IQ app at least 2 hours before the session start time.
- If you experience a technical issue that prevents you from canceling through the app, please contact Coach Jacob directly as soon as possible so your spot can be made available.

- Sessions scheduled or canceled outside the app (e.g., via text only) may not be processed — please always use the app as your primary tool.

5. Missed Session & Makeup Policy

We understand that life happens. To keep things fair for everyone and make the most of your training time, we ask that you follow these guidelines when a session needs to be missed.

- Please cancel through the app at least 2 hours before your session — or at least 48 hours in advance when possible. This allows us to plan accordingly and offer your spot to another athlete if needed.
- Sessions canceled with less than 2 hours notice are not eligible for a makeup.
- When proper notice is given, makeup sessions can typically be scheduled the following week, subject to availability.
- Makeups must be used within two weeks of the missed session and cannot be carried beyond that window.
- Missed sessions do not roll over into a new term, month, or plan period.
- If a session is missed without any notice, that session is forfeited. We know things come up unexpectedly, so please reach out to Coach Jacob as soon as possible if that happens.
- The 1x/week plan includes 4 sessions/month. The 2x/week plan includes 8 sessions/month.

6. Tardiness Policy

Arriving early is a great habit and part of the culture we build at CAB Training. We ask that athletes arrive at least 5 minutes before their session to warm up and stretch.

- If your athlete arrives late, the session will not be extended — training time begins on schedule for the whole group.
- Training time is forfeited for the time missed due to tardiness.

7. Weather & Rainout Policy

Safety is the priority when it comes to weather. Coach Jacob has final authority on all weather-related cancellations — parents do not determine whether a session is playable.

- If conditions are unsafe, Coach Jacob will cancel and notify families via email before the session begins.
- Sessions rescheduled due to weather do not count against your session allowance.
- If Coach Jacob determines the field is playable and a family chooses not to attend, that session will be treated as a late cancellation and is not eligible for a makeup.
- Please check your email on training days for any weather notifications.

8. Payment & Refund Policy

- Monthly billing is processed automatically via electronic funds transfer on your billing date.
- Upfront plans are paid in full at the time of registration.
- If a monthly payment fails, please update your payment method within 12 hours. Sessions will be paused until payment is collected.
- All sales are final. We are unable to offer refunds for any program, membership, upfront plan, camp, clinic, or training package.
- Once a spot is reserved, it is held exclusively for your athlete and cannot be refunded.

9. Referral Program

One of the greatest compliments you can give CAB Training is referring a friend, teammate, or fellow parent to the program. To show our appreciation, we offer the following rewards when your referral signs up for a group training membership:

- **30% off your next month of training.** 1 Referral —
- **1 free month of training.** 2 Referrals —
- **3 free months of training.** 3 Referrals —

A referral is counted when the person you referred signs up for and completes their first paid month (or first attended session for upfront plans). Referral rewards are applied to your account automatically — no need to ask. Rewards are non-transferable and have no cash value.

To get your personal referral link, just reach out to Coach Jacob. Share it with anyone you think would benefit from the program and start earning!

10. Player Expectations

Every athlete at CAB Training is expected to bring their best effort and attitude each session. Specifically, we ask that each athlete:

- Shows up coachable, positive, and ready to work.
- Brings a full water jug, cleats, and proper athletic attire to every session.
- Takes ownership of their development — results reflect the work put in.
- Makes good decisions off the field to support athletic growth.
- Fuels their body with proper nutrition and hydration.
- Treats Coach Jacob, other coaches, and fellow athletes with respect at all times.
- Engages with the CAB Training Online Platform for workouts and lessons between sessions.
- Keeps distractions to a minimum during training.

11. Parent Expectations

Parents are a valued part of the CAB Training community. Here is how we ask you to support your athlete and the program:

- Communication with Coach Jacob is always welcome during reasonable daytime and evening hours.
- Please give your athlete permission before they contact Coach Jacob directly.
- At enrollment, let Coach Jacob know which session day(s) your athlete plans to attend each week.
- Flexibility is built in — if your athlete cannot make Monday one week, they are welcome to attend Tuesday instead.
- During sessions, please stand or sit a comfortable distance from the training area so athletes can stay focused.
- Please avoid coaching or calling out from the sidelines during sessions. We train in a calm, non-pressured environment where athletes can develop confidence.
- We love when families share their athlete's highlights! Please tag CAB Training on social media so Coach Jacob can celebrate their progress too.

12. Social Media Release

By registering, you grant CAB Training and Coach Jacob permission to photograph, film, and publish images and videos of your athlete taken during training sessions or submitted by you, for use on the CAB Training website, Instagram, Facebook, and other promotional materials.

You release CAB Training, its coaches, representatives, and affiliates from all claims arising from the use of such materials, including any claims related to privacy, publicity rights, or defamation.

If you do not wish to be included, please let Coach Jacob know in writing at the time of registration and we will honor that request.

13. Health, Wellness & Injury Release

I acknowledge that participation in CAB Training's sports performance program involves strenuous physical activity, including but not limited to strength and endurance training, speed and agility work, cardiovascular conditioning, and other athletic exercises.

I affirm that my athlete is in good physical health and does not have any known disability, injury, or condition that would prevent safe participation. I agree to notify Coach Jacob of any health concerns before training begins.

I understand that athletic training involves inherent physical risk. By enrolling, I agree to release and hold harmless CAB Training, Coach Jacob, and all affiliated coaches, staff, and representatives from any and all liability for injuries, illness, accidents, or losses that may occur during or as a result of training — including but not limited to muscle injuries, joint injuries, fractures, heat-related conditions, or any other physical harm.

CAB Training is not liable for any injuries or accidents that occur during sessions, travel to or from sessions, or any other CAB Training-related activity.

14. Signature & Agreement

CAB TRAINING — GROUP TRAINING AGREEMENT

By signing below, you confirm that you have read, understood, and agree to all terms, policies, and expectations in this Group Training Agreement — on behalf of yourself and your athlete (if applicable). We're excited to have you as part of the CAB Training family!

Parent / Guardian / Athlete (if 18+) Name (Print):

Signature: _____ Date:

Athlete Name (if different): _____

Questions? Contact Coach Jacob at 480-815-0064 or cabtraining2019@gmail.com