

# Group Training Agreement with CAB Training



Step 1: Please read our terms and training agreement entirely to understand CAB Training's expectations. If you have any questions or concerns, text Coach Jacob at 480-815-0064 to schedule a phone call.

Step 2: Once you have reviewed this document, you simply agree to the terms by clicking the **“I agree to the terms and conditions”** box to complete your order.

\*If you do not agree with our terms and player/parent expectations - we ask that you do NOT enroll into our program. Our terms are extremely clear and protect the integrity of our program. Our program is selective and certainly NOT for every family. We only want to work with families who truly buy into our culture at CAB Training.

## 1. Terms

This Agreement will begin on (the day you register) and continue for a MINIMUM of 3 months.

If you choose to cancel at or after the three months, I agree to provide Coach Jacob a 14 day written notice (EMAIL to: cabtraining2019@gmail.com) to cancel any future recurring payment after the membership is complete. If you do not follow our terms, you will be automatically enrolled into the same agreement for the next period (no exceptions)!

By registering for the program, you agree to the “terms and conditions” below, the player expectations and the parent expectations that includes, cancellation details and early termination policy.

## 2. Player Expectations

- I agree to be a positive player who is coachable
- I agree to work hard in every session. I'm here to develop and reach my goals as a player
- I agree to complete each at-home workout that Coach Jacob assigns me in a timely manner
- I agree to be committed to completing my at-home workouts each week
- I agree to be accountable to Coach Jacob's program and not make excuses
- I agree to bring a full water-jug and my cleats (and proper attire) to each session
- I agree to work hard and achieve my personal goals that Coach Jacob and I set
- I agree to be committed every week and dedicate time to work on my own away from our sessions
- I agree to put in the work needed to become a better player. My results are my responsibility.
- I agree to be a positive player when I make mistakes at the sessions
- I agree to behave in a manner that is not distracting to others at the sessions.
- I agree to behave respectfully toward others and Coach Jacob at all times
- I agree to be active on the CAB Training Google Classroom!

## 3. Parent Expectations/Terms

- Any communication with Coach Jacob is welcome and encouraged, as long as it's within reasonable hours during the day and evening. This includes any questions regarding schedules, suggestions for your athlete's improvement, and anything related to training. Athletes below the age of 15 are not permitted to text Coach Jacob unless given parental permission.
- I understand that by signing up for a group training membership, I am committing to a set day(s) and time each week for at least 3 months! Upon signing up you will indicate to Coach Jacob with session(s) each week your athlete will be attending
- I understand that by signing up for the 1 session per week membership, it is good for 4 sessions per month. Missing a session may or may not result in you being able to make that session up.
- I understand that by signing up for the 2 sessions per week membership, it is good for 8 sessions per month. Missing a session may or may not result in you being able to make that session up.
- I agree to bring my child to our scheduled sessions at least 5 minutes early to warm up and stretch. Being early is not only important for training, but it's also an important character trait that CAB Training builds.
- I understand that if we are late to the session we will forfeit the time (all sessions last 60 minutes)
- I understand that during the sessions, I will not pressure my child or yell from the sidelines. We train in a "non-pressured" environment
- I understand that during sessions, I will sit or stand a comfortable distance away from the training area, so as to not distract the athletes training
- It is encouraged to tag Coach Jacob and CAB Training on social media for all videos and highlights you post of your athlete. This allows Coach Jacob to share on his pages and is a great way to shoutout CAB Training to others looking to join the program.

- Referrals are highly encouraged. Referrals of friends and relatives may result in reduction of monthly rates, free sessions, clinics, and more. CAB Training wouldn't be what it is today without parents and coaches spreading the word. If you'd like a link to refer a friend, please contact Coach Jacob.
- I understand that Coach Jacob will decide the "rain-out's" or rescheduled sessions due to weather/covid. He will always check field conditions before the sessions and will communicate via the text if there is a cancellation. It will be well communicated IF we don't have a training session. (the parent will receive a notification via email that day BEFORE the session stating the cancellation)
- Missed sessions do NOT roll over into the following year/term for any reason.
- I understand that CAB Training's billing process is an automatic electronic funds transfer.
- I understand that if I have a "failed credit/debit card payment" I will need to register with a new credit or debit card within 12 hours of the failed payment. Sessions will pause until the payment is collected.
- For session enrollment, including memberships, packages, camps and clinics all sales are final. If you enroll and don't use the sessions - there are no make-up sessions for missed sessions.
- With our monthly group training plans, if you want to CANCEL your membership, please notify Coach Jacob 14 days BEFORE the next billing period. By doing so, we will properly cancel the membership and allow you to finish out the rest of your month. If not, you are auto-renewed into the next training term automatically. You can notify us in writing at (cabtraining2019@gmail.com) at least 14 days before our final session and we will turn off the membership.
- I understand CAB Training and Coach Jacob are not liable for any injuries.

These Terms and Conditions apply to all group training programs offered by CAB Training. By scheduling any session, you are agreeing to the following terms and conditions of our company:

### **GROUP SESSION MEMBERSHIP POLICIES**

- All group training memberships are 3 month minimum commitments. You will be billed for the first month at time of registration and every 30 days thereafter.
- If you wish to CANCEL your group training membership prior to the 3-month threshold, you will be billed up to the third month. Please give at least 14 days of notice to cancel your membership.
- The 4 sessions per month membership is primarily for 1 session per week. If your athlete can't make it to their session for the week, please notify Coach Jacob at least 12 hours in advance, so we can move your athlete to another group or schedule them in twice for the following week.
- Group Training Memberships include:
  - 1 or 2 sessions per week (Depending on the agreement you chose)
  - Monthly At-Home Workout Assignments
  - FREE Access to Monthly Testing Events
  - Access to the CAB Training's Online Community on Google Classroom

### **HIGH SCHOOL OFF-SEASON TRAINING POLICIES**

- The High School Off-Season Training Program is a 6-month program that includes weekly group training sessions, monthly goal setting calls, monthly performance testing, and nutritional guidance.

- Payment for off-season training is either made in full before the program starts or in 2 payments, with one payment made at registration, and the last payment made 90 days after registration.
- Once the program is purchased, there are no refunds, due to the demands of the off-season training program.
- If your athlete can't make it to a session, they cannot make it up. Coach Jacob will make his best effort to schedule group sessions to accommodate as many high school athletes as possible.
- Weekly group training sessions are scheduled consistently for every Saturday for the 6 months of the program.
- Monthly calls and performance evaluations will be pre-scheduled by one month before the program begins.

## **SOCIAL MEDIA RELEASE POLICY**

"I, the undersigned, do hereby grant permission to Coach Jacob to post my and/ or my child's story, photo, videos, hereinafter referred to as "Materials," taken by Coach Jacob during sessions or that I submit to and for the CAB Training website, Instagram and Facebook accounts.

I hereby release you, your representative, employees, managers, members, officers, parent companies, subsidiaries, and directors, from all claims and demands arising out of or in connection with any use of said "Materials", including, without limitation, all claims for invasion of privacy, infringement of my right of publicity, defamation and any other personal and/or property rights".

## **HEALTH AND WELLNESS POLICY**

"I have enrolled in the personalized health and fitness program offered through CAB Training.

I recognize that the program may involve strenuous physical activity including, but not limited to, muscle strength and endurance training, cardiovascular conditioning and training, and other various fitness activities.

I hereby affirm that my child is in good physical condition and does not suffer from any known disability or condition which would prevent or limit my participation in this exercise program. I acknowledge my enrollment and participation in sports performance training.

"I fully understand that my child may injure myself as a result of my enrollment and participation in this program and I hereby Release and Forever Discharge CAB Training and its agents, employees, representatives, affiliates, successors, or assigns, from any and all liability now or in the future for any conditions, injuries, sickness, losses, expenses or damages that I may obtain or incur. These conditions may include, but are not limited to, heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, heat prostration, injuries to knees, injuries to back, injuries to foot, or any other soreness that I may incur, including death."

## **INJURY POLICY**

If injury occurs and a player is unable to participate in the training sessions, the recurring payments will

continue until the last day of the Training Agreement.

#### MISSED SESSION POLICY

We have a zero-tolerance missed session policy. If you miss a session without notice, you will forfeit the session. We respectfully request at least 48 hours advance notice for all rescheduling/cancellations.

#### RAINOUT POLICY

If the fields are too wet or if there is significant rain during the morning or evening of our scheduled session, the session may be rescheduled upon Coach Jacob's decision. Coach Jacob will check to ensure the field is safe before every session. If the field is playable, we will resume the session. Parents do not determine if the session is canceled. If a parent decides not to attend a session that has been deemed "playable", then that session will count as a cancellation of less than 48 hours and will not be eligible for makeup.

#### PAYMENT POLICY

By signing to our Group Training Agreement, you agree with the contract that you can commit to the entire training period. You have the option of paying in full or paying monthly with our automated system that charges your credit/ debit card every 30 days. If your credit card fails, our system will prompt you to replace your card within a 12-hour period.

#### REFUND POLICY

Due to the demand for our programs, we do not offer refunds for ANY case for any program, including private training, small group training, camps, clinics or any program that is added to our Training Page.

Once a player reserves a training spot, we hold the spot for the player for the specific program.

#### EARLY TERMINATION POLICY

You can opt out of and cancel your contract anytime by providing written notice of intent to cancel to CAB Training and will incur an early termination fee of 75% of the remaining contract. Paying this fee will cancel any upcoming payment and once the fee is paid, all sessions will come to a close.

#### END OF CONTRACT & RENEWAL POLICY

If you would like to STOP training after our contract is complete, simply email us at [cabtraining2019@gmail.com](mailto:cabtraining2019@gmail.com) to let Coach Jacob know that you will be discontinuing in the program. This email must be sent 14 days before the end of the agreement. If you do not communicate with Coach Jacob by the Notice Date, you agree to continue in the program beyond the Agreement (meaning we hold your spot in the program) and the Agreement will auto renew for 1 month.

By becoming a customer of CAB Training, I agree to the terms on this website. I have signed a contract stating that I have reviewed this page in depth and agree to CAB Training's Terms and Conditions.

