

CAB Training Online Program Terms and Conditions

Last Updated: April 26, 2025

1. Program Overview

CAB Training provides individualized online speed training programs, weekly speed assessments, and continuous coaching feedback to football athletes. Access to the program includes personalized workouts, progress tracking through BreakAway Data, Google Sheets, and CAB Training/Coach IQ platforms.

2. Program Commitment and Billing

- The program is a **month-to-month subscription** with automatic recurring billing.
 - The first payment is processed upon enrollment.
 - Subsequent payments are processed every 30 days thereafter.
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3. Cancellation Policy

- Clients may cancel their subscription at any time by providing **written notice (email or text)** at least **14 days prior to their next billing date**.
 - Failure to provide 14 days' notice will result in the next billing cycle being charged.
 - No partial refunds will be provided for unused portions of a billing cycle.
 - Cancellation requests must be confirmed in writing by CAB Training.
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4. Refund Policy

- All payments are **non-refundable** once processed, except as described in the Money-Back Guarantee.
 - Exceptions for refunds are solely at the discretion of CAB Training.
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5. 30-Day Money-Back Guarantee

CAB Training offers a conditional 30-Day Money-Back Guarantee:

- To qualify, the client must submit **at least 10 sprint assessments** (videos and data) through the designated online platforms within the first 30 calendar days of enrollment.
 - Assessments must be submitted with good faith effort following the assigned drills and program structure.
 - If, after completing these 10 assessments, the client finds the training unsatisfactory, they may request a full refund.
 - Refund requests must be made in writing within 30 days of enrollment and must be verified by CAB Training through submission records.
 - Clients who fail to submit 10 assessments or do not adhere to the training program are **not eligible** for a refund.
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6. Client Conduct Policy

Clients are expected to uphold respectful and professional conduct when participating in any aspect of the online training program.

- Proper and respectful use of BreakAway Data, Google Sheets, and CAB Training/Coach IQ platforms is mandatory.
- Sharing, reproducing, or distributing training materials, assessments, or platform access without explicit permission is strictly prohibited.

- Inappropriate behavior, harassment, or abusive communication towards Coach Jacob or any CAB Training staff will result in immediate termination of services without refund.
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7. Intellectual Property

- All program materials, including but not limited to training programs, drills, assessments, videos, and feedback, remain the exclusive intellectual property of CAB Training.
 - Clients are granted personal, non-transferable access for individual use only.
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8. Health and Safety Acknowledgment

- Clients acknowledge that participation in speed and athletic training carries inherent physical risks.
 - Clients affirm they are healthy and cleared by a physician to engage in physical training.
 - CAB Training is not responsible for any injuries sustained during the course of the training program.
 - Clients agree to train responsibly and seek professional medical advice in the event of an injury.
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9. Limitation of Liability

- CAB Training will not be liable for any direct, indirect, incidental, or consequential damages arising from participation in the online training program.
 - By enrolling, clients waive any claims against CAB Training, Coach Jacob, and its associated partners for injury, loss, or damages related to participation.
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10. Social Media Release

- By enrolling in CAB Training's Online Program, clients grant permission to CAB Training and Coach Jacob to use videos, sprint assessments, submitted training footage, testimonials, and improvement results for marketing, social media posts, website content, advertisements, and promotional materials.
 - Content may be edited, cropped, highlighted, or otherwise modified while maintaining the athlete's integrity and image in a positive manner.
 - Clients waive any rights to compensation or approval for the use of such materials.
 - Clients who prefer to opt-out of media usage must submit a written request before sending any media content to CAB Training.
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11. Modifications to the Program or Terms

- CAB Training reserves the right to modify or discontinue aspects of the program, platforms, or these Terms at any time.
 - Clients will be notified of significant changes in writing via email.
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12. Acceptance of Terms

By enrolling in CAB Training's Online Program, you acknowledge that you have read, understood, and agreed to abide by these Terms and Conditions, including the 30-Day Money-Back Guarantee and the Social Media Release.

Questions or Contact?

For questions about billing, cancellations, or program access, please contact:

Email: jacob@cabspeedtraining.com

Instagram DM: @cabtraining