



13302 Western Oak Dr  
 Helotes, TX 78023  
 Phone: 210-695-5842  
 Fax: 210-695-1273  
 www.xtremespeedhpc.com

Date: \_\_\_\_\_

**Athlete's Information:**

Athlete's Name: \_\_\_\_\_

DOB: \_\_\_\_\_ Grade: \_\_\_\_\_ School: \_\_\_\_\_

**Additional Athletes:**

Athlete's Name: \_\_\_\_\_

DOB: \_\_\_\_\_ Grade: \_\_\_\_\_ School: \_\_\_\_\_

Athlete's Name: \_\_\_\_\_

DOB: \_\_\_\_\_ Grade: \_\_\_\_\_ School: \_\_\_\_\_

**Parent/Guardian Information:**

Parent(s) First & Last Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Home Phone: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Cell Phone: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Other Phone: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

E-mail Address: \_\_\_\_\_

How'd you hear about us? \_\_\_\_\_

**Indicate desired time. Make up dates are Friday 4pm & 5pm; Saturday 11am by reservation only. Attendance at the weight training orientation is required on Saturday at 10:30am before lifting can occur.**

**Monday/Wednesday**

**Speed & Agility**  
 4pm \_\_ 5pm \_\_ 6pm \_\_ 7pm \_\_

**Adult Boot Camp**

(MW 12:30pm or 8pm, F 12:30pm, Sat 8:15am) \_\_

**Adult Fitness Room** \_\_

**Tuesday/Thursday**

**Speed & Agility**  
 4pm \_\_ 5pm \_\_ 6pm \_\_ 7pm \_\_  
**Jump & Agility**  
 4pm \_\_ 5pm \_\_ 6pm \_\_ 7pm \_\_

**Medical Information**

Do you have asthma: Yes / No  
 If yes, do you use an inhaler? Yes / No  
 Do you have any orthopedic problems? Yes / No  
 If yes, explain \_\_\_\_\_  
 Do you have any cardiovascular problems? Yes / No  
 If yes, explain \_\_\_\_\_  
 Do you have any pulmonary problems? Yes / No  
 If yes, explain \_\_\_\_\_  
 Do you have Diabetes? Yes / No  
 Do you have Hypo/Hyperglycemia? Yes / No  
 Do you have any other medical conditions? Yes/ No  
 If yes, explain \_\_\_\_\_

**Office Use Only**

\_\_ Month(s)

\$\_\_\_\_ per month

ID #:

Notes:

Method of Payment  
 Cash: \$ \_\_\_\_\_  
 Check: \$ \_\_\_\_\_  
 # \_\_\_\_\_  
 Credit: \$ \_\_\_\_\_  
 Staff:

## Consent, Release, Waiver of Liability and Indemnity Agreement

I understand and agree that the exercise opportunities offered through the facilities of Xtreme Speed Human Performance Center (XSHPC) allows a person to engage in various exercise and/or physical activities potentially beneficial to one's health and well being. However, I recognize and understand that there are inherent risks of various physical and mental conditions, illness and/or injuries associated with: A) engaging in any exercise or physical activity, B) the use of the equipment at XSHPC and/or C) the use of XSHPC facilities. I recognize and understand such risks include any and all types of physical injuries, physical and mental conditions and/or illness including, but not limited to sprains, strains, strains, broken bones, concussions, lacerations, abnormal blood pressure, heart beat disorders, fainting, shortness of breath, chest pain, strokes, heart attack or even death. I further recognize and understand that any and all such risks are compounded and that many of the exercise and/or physical activity opportunities at XSHPC are unsupervised including but not limited to: use of its running track, use of its gym, all athletic training areas, all instruction areas including batting cages, pitching and fielding areas, all types of exercise equipment, and/or use of its restrooms, locker rooms, dressing rooms and showers. I hereby agree and consent to voluntarily engage in any and all exercise and physical activity opportunities, supervised or unsupervised at XSHPC. I voluntarily use XSHPC facilities at my own risk and with full knowledge and appreciation of any and all danger and risk inherent therein. I hereby assume full responsibility for any and all risk of any bodily injury, illness, death and/or property damage or loss suffered by me. I hereby release, waive and forever discharge and/or covenant not to sue XSHPC and/or any of its affiliates, successors, directors, officers, agents, servants, and/or their employees for any and all lost, liability, damage or const and/or any claim or demands of any types, known or unknown, on account of or in any way related to any illness, condition and/or injury to my person or property or which may result in my death. I hereby agree to indemnify and hold harmless XSHPC and/or any of if affiliates, successors, directors, officers, agents, servants, and/or their employees for any and all lost, liability, damage or const and/or any claim or demands of any types, known or unknown, on account of or in any way related to any illness, condition and/or injury to my person or my property or as a result of my death and/or as a result of engaging in any exercise or activity opportunities at XSHPC and any use of XSHPC equipment and/or any use of XSHPC facilities. I further hereby acknowledge the existence of the need for, and my understanding of, certain rules and regulations concerning the use of XSHPC equipment, facilities and other procedures related to all activities at XSHPC. I therefore agree to abide by any and all such rules adopted by XSHPC. I hereby acknowledge that I have read the preceding prior to signing, and understand that I am executing a consent, release, waiver or liability and indemnity agreement.

### Photography/Video Consent and Release Form (Please read carefully before signing)

I hereby grant permission to Xtreme Speed Human Performance Center (XSHPC) to use my photograph/ videotape in its newsletters, marketing collateral, publications, advertising materials, videotapes, website/s or in other official XSHPC printed publications without further consideration. I acknowledge the right of XSHPC to crop the photograph or treat the photographic image at its discretion. I also acknowledge that XSHPC may choose not to use my photo at this time, but may do so at its own discretion at a later date. Furthermore, I waive any right to inspect or approve the finished photos and/or advertising copy. All photographs, negatives and videotapes shall constitute the sole property of XSHPC.

XSHPC reserves the right to discontinue use of the photos without notice. All photographic images will be treated with utmost discretion. I also understand that once my photographic image is posted on the XSHPC website, the image may be downloaded by any computer user. Therefore, I agree to indemnify and hold XSHPC and its coaches, staff, or partners, harmless from any claims.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date

## Inactivation, Refund, and Freezing Policies

**Inactivation Policy:** No extension will be allowed beyond final training date. If an athlete becomes injured and is unable to participate, their account may be inactivated but drafting will still occur. The athlete may resume training when they are released by a physician and sessions must be completed within the designated time.

### Refund Requirements:

- A) A physician's written notification is required stating that the athlete is unable to further participate.
- B) For each membership package, a \$50 non-refundable fee will be drafted from the account.
- C) Cancellation of an automatic drafting agreement requires a 30-day advance notice in writing for processing.
- D) If you cancel a 3, 6, 9, or 12-month agreement, the difference in price of the number of months the athlete has completed and the number of months in the athlete's contract will be drafted.

**Freezing Policy:** Athletes who purchase a 6, 9, or 12-month package have the opportunity to "freeze" their account only once during the duration of their contract. The account may be reactivated and the athlete may continue training for the remainder of the contract. Training must be completed within the designated time. If the athlete has an automatic drafting agreement, they will still be consecutively billed until the account balance is zero. The number of months the athlete's account was frozen will then be added on to the end of the athlete's contract.

- A 6-month account may freeze 1 time for 1 consecutive month.
- A 9-month account may freeze 1 time for 2 consecutive months.
- A 12-month account may freeze 1 time for 3 consecutive months.

## Credit Card Information

**Card Holder Name:** \_\_\_\_\_

**Card Type:** \_\_\_\_\_

**Card # :** \_\_\_\_\_

**Expiration Date:** \_\_\_\_\_

I have given authority to Xtreme speed to charge my credit card account monthly for the amount of \$\_\_\_\_\_. When the credit card company honors the charge, such charge shall constitute my receipt for payment. Should any preauthorized charge not be honored by said credit card company when received by them, then it is understood that the payment is to be made by me in the amount of said payment.

**Signature:** \_\_\_\_\_

## EFT - Bank Information

**Name on Account:** \_\_\_\_\_

**Account # :** \_\_\_\_\_

**Routing # :** \_\_\_\_\_

**Name of Bank:** \_\_\_\_\_

As a convenience to me, I hereby request and authorize you to pay and charge my account debits drawn on my account by and payable to the order of Xtreme Speed in the amount of \$\_\_\_\_\_ provided there are sufficient collected funds in said account to pay the same on presentation. I agree that your rights in respect to each such debit shall be the same as if it were a debit drawn on you and signed personally by me. This is to remain in effect until revoked by me in writing, and until you actually receive such notice I agree that you shall be fully protected in honoring such debits.

**Signature:** \_\_\_\_\_



## Athlete Contract

I, \_\_\_\_\_, agree to commit myself to the Xtreme Speed Human Performance Center conditioning program beginning \_\_\_ / \_\_\_ / \_\_\_\_\_. By signing this contract, I am dedicating myself to train at the XSHPC facility. I also pledge to try my best to attend each XSHPC session as scheduled. If an occasion arises in which I need to reschedule, I will sign myself up for a weekend make-up session. I realize that my coach reserves the right to dismiss me from class if I become disruptive during the training session.

- I understand that my commitment to training will determine my results.

\_\_\_\_\_  
(Athlete's Signature)

\_\_\_ / \_\_\_ / \_\_\_\_  
(Date)