

## **COACHING PACKAGE FORM**

Dear Athlete:

Welcome to Coach-Tony.com. All of my programs incorporate proven concepts including heart rate training in personalized zones, periodization, planning your year with key events, proper levels of recovery, and balanced nutrition. Coach-Tony plans are supplemented with other information gained through various certifications and 10+ years of competition including 14 Ironman and 20+ marathons.

Please select from the following coaching programs

\_\_\_\_\_ PACKAGE A: Key Event

\_\_\_\_\_ PACKAGE B: Progression

\_\_\_\_\_ PACKAGE C: Monthly

Send with check or money order to:

Coach-Tony.com  
12223 Highland Ave. Suite #245  
Rancho Cucamonga, CA 91739

OR

Fax form to 909-483-3418 and Pay Pal fee to [tony@coach-tony.com](mailto:tony@coach-tony.com)

### **Package Details:**

<b>PACKAGE A:</b>	Key Event
<b>DESCRIPTION:</b>	Package a will help you reach you maximum potential for a key event in 3 months. You will receive daily e-mail workout reminders from your personalized training peaks plan located on <a href="http://www.trainingpeaks.com">www.trainingpeaks.com</a>
<b>FEE:</b>	\$200 per month, 1 <sup>st</sup> 3 months, \$225 per month thereafter Paid in monthly in advance.
<b>COMMITMENT</b>	3 month minimum
<b>INCLUDES</b>	<ul style="list-style-type: none"><li>• Training Peaks ID</li><li>• On-line Training Plan on trainingpeaks.com</li><li>• Daily e-mail workout reminders</li><li>• Strength Training Program</li><li>• Athlete message board</li><li>• Nutritional guidance</li><li>• Unlimited e-mail correspondence</li></ul>

PACKAGE B: DESCRIPTION:	Progression Package a will help you progress through several events leading up to a key event at or near the 6 month mark. This package is well suited for athletes seeking to gain experience at shorter distances before progressing to a longer key event. You will receive daily e-mail workout reminders from your personalized training peaks plan located on <a href="http://www.trainingpeaks.com">www.trainingpeaks.com</a> .
FEE:	\$175 per month, 1 <sup>st</sup> 6 months, \$225 per month thereafter Paid in monthly in advance.
COMMITMENT INCLUDES	6 month minimum <ul style="list-style-type: none"><li>• Training Peaks ID</li><li>• On-line Training Plan on trainingpeaks.com</li><li>• Daily e-mail workout reminders</li><li>• Strength Training Program</li><li>• Athlete message board</li><li>• Nutritional guidance</li><li>• Unlimited e-mail correspondence</li></ul>
PACKAGE C: DESCRIPTION:	Month-to-Month Package C is well suited for individuals seeking improved fitness or weight management without long term commitments. This package is also good base training guidance preceding packages A or B.
FEE:	\$250 per month, Paid in monthly in advance.
COMMITMENT INCLUDES	1 month minimum <ul style="list-style-type: none"><li>• Training Peaks ID</li><li>• On-line Training Plan on trainingpeaks.com</li><li>• Daily e-mail workout reminders</li><li>• Strength Training Program</li><li>• Athlete message board</li><li>• Nutritional guidance</li><li>• Unlimited e-mail correspondence</li></ul>

**ACKNOWLEDGEMENT, WAIVER, AND RELEASE FROM LIABILITY**

**PLEASE READ CAREFULLY BEFORE SIGNING THIS ACKNOWLEDGEMENT, WAIVER, AND RELEASE FROM LIABILITY.**

I \_\_\_\_\_ acknowledge that training for and participating in triathlons, duathlons, multi-sport events, running, cycling, swimming, and/or strength training is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury, and property loss. Therefore, I HEREBY ASSUME ANY AND ALL RISKS AND RESPONSIBILITIES associated with training for and participating in triathlons, duathlons, multi-sport events, running, cycling, swimming, and/or strength training. I ALSO HEREBY ASSUME ANY AND ALL RISKS associated with the purchase of and/or participation in the Coach-Tony.com, products, services, counsel, and guidance.

I know and understand that while training for and participating in the events outlined herein, I am exposed to many natural, mechanical, environmental, mental, and physical conditions and risks which independently or in combination with my activities or the activities of others, may cause bodily injury, stress, and/or property loss including severe or fatal injuries to myself or others. These conditions and risks include but are not limited to: falls, contact and/or effects with training partners, pedestrians, participants, spectators, volunteers, effects of weather including heat, humidity, rain, hail, defective equipment, road conditions, water hazard, contact with other swimmers, boats, water equipment, and/or motorized vehicles.

I certify that I am in good health and I am physically fit and prepared for the Coach-Tony.com, and that a licensed medical doctor has verified my physical condition and has not advised me against training or participating in the events outlined herein.

**Initial:** \_\_\_\_\_

In consideration of my acceptance into the Coach-Tony.com, I hereby irrevocably take the following actions for myself, my heirs, next of kin, executors, administrators, successors and assigns, or anyone else who may claim or sue on my behalf:

I WAIVE, RELEASE, AND DISCHARGE the Coach-Tony.com, and its members, representatives, and agents, from any and all claims, losses, or liabilities for death, personal injury, partial or permanent disability, property damage, theft, medical or hospital bills, damages of any kind, including economic losses or loss of any kind, which I may have, or which may hereafter accrue to me as a result of my participation in the Coach-Tony.com, including travel, even though those claims or liabilities may arise out of negligence on the part of the persons or entities mentioned above.

I AGREE NOT TO SUE any of the persons or entities mentioned above for any of the claims or liabilities that I have waived, released, or discharged herein.

I INDEMNIFY, DEFEND, AND HOLD HARMLESS the persons or entities mentioned above from all damages, costs, and expenses of any kind, including attorney fees, that arise from or are related to my participation in the Coach-Tony.com.

**Initial:** \_\_\_\_\_

I AGREE to abide by the Competitive Rules adopted by USA Triathlon (USAT) including the Medical Control Rules as they may be amended periodically.

I AGREE to always wear protective eye-wear (goggles) when swimming, swim only when life guards are present, abide by posted pool rules, and never swim in open waters (e.g., lakes, streams, oceans, and ponds) alone.

I AGREE to always check the bicycle I plan to ride to ensure it operates as designed; carry sufficient replacement parts (e.g., tires, tubes, etc.), tools (e.g., tire levers, Alan wrenches, etc.), hydration fluids (e.g., Gatorade, water, etc.), and nutrition (e.g., Powerbars, gels, etc.); and wear a properly functioning SNELL or ANSI approved helmet when riding any bicycle; and abide by all traffic ordinances and laws.

I AGREE to always wear proper shoes that fit my running style (e.g., pronate, supinate, etc.) for running.

I AGREE to be responsible for my own diet, nutrition, and supplements taken during my training program.

**Initial:** \_\_\_\_\_

The Coach-Tony.com is the sole property of Manuel Antonio Troccoli. I AGREE to not reveal the contents of the information I receive pursuant to the Coach-Tony.com to anyone without prior written approval of Manuel Antonio Troccoli.

I GRANT PERMISSION to Coach-Tony.com for the use of my name and/or likeness relating to my participation in Coach-Tony.com, and I WAIVE all right to any future compensation to which I may otherwise be entitled as a result of the use of my name or likeness.

I agree that this document contains the entire agreement between the parties. I further agree that this Acknowledgement, Waiver, and Release from Liability is intended to be as broad and inclusive as legally possible, and that if any portion thereof is held invalid or unenforceable, the remaining terms and provisions shall remain binding and enforceable.

**I HEREBY AFFIRM THAT I AM EIGHTEEN (18) YEARS OF AGE OR OLDER, I HAVE READ THIS DOCUMENT, AND I UNDERSTAND ITS CONTENTS.**

Printed name: \_\_\_\_\_

Signature \_\_\_\_\_

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

### Coach-Tony.com

1223 Highland Ave. Suite 245  
Rancho Cucamonga, CA 91739

Phone: (909) 472-5261  
Fax: (909) 483-3418  
E-mail: [tony@coach-tony.com](mailto:tony@coach-tony.com)

### Athlete Medical History Questionnaire

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, St, Zip: \_\_\_\_\_  
Day Phone: \_\_\_\_\_  
Eve Phone: \_\_\_\_\_  
E-Mail Address: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_  
Age: \_\_\_\_\_  
Gender (circle one):      Male      Female

Physician: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, St, Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Emergency Contact: \_\_\_\_\_  
Relationship: \_\_\_\_\_  
Day Phone: \_\_\_\_\_  
Eve Phone: \_\_\_\_\_

Please list any medications/supplements taken on a regular basis (prescription and non-prescription):

Medication/Supplement	Dose	Frequency	Reason

Are you allergic to any medications/foods/other?      Yes      No

If Yes, please explain:

Allergic To	Reaction

Please list any current illness, recent injuries, recent surgeries, or past medical problems:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do you have, have you had, or have you experienced any of the following?

Anemia:	Yes	No	Heart Surgery:	Yes	No
Asthma:	Yes	No	Heat Illness/Stroke:	Yes	No
Bone/Joint Problems:	Yes	No	High Blood Pressure:	Yes	No
Diabetes:	Yes	No	High Cholesterol:	Yes	No
Dizziness/Fainting:	Yes	No	Metabolic Disease:	Yes	No
Epilepsy:	Yes	No	Stress Fracture:	Yes	No
Hearing Impairment:	Yes	No	Stroke:	Yes	No
Heart Attack:	Yes	No	Thyroid Problems:	Yes	No
Heart Disease:	Yes	No	Wheezing:	Yes	No
Heart Murmur:	Yes	No	Visual Impairment:	Yes	No

Do you smoke:      Yes      No

Are you a previous smoker:      Yes      No

If female, is there a chance you could be pregnant?      Yes      No

If you answered Yes to any of the above, please explain:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do you have any special medical needs or information your coach should be aware of?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_