

# Sports & Athletic Performance Training Request Form



Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Grade: \_\_\_\_\_ Sports Involved In: \_\_\_\_\_

## Training Sessions and Packages

Individual 45 Minute Sports Training	Buddy-Sports Training 45 Minutes (Price Per Person)	Athletic Performance Training – Hour	Team Training (Price Per Player)
3 sessions \$75	3 sessions \$50	1 session \$35	Please email Zack Booth at <a href="mailto:zbooth@ymcabaycity.org">zbooth@ymcabaycity.org</a> for more information on specifics.
6 sessions \$135	6 sessions \$110	5 sessions \$165	
		10 sessions \$310	
		20 sessions \$580	

**Request a Trainer:** Please select below the trainer you would like to work with if you have a preference.

**Zack Booth**

Sports: Baseball, Football & Basketball

Skills: Speed, Agility & Coordination

**Jeff Rahl**

Sports: Football & Basketball

Skills: Speed, Agility & Coordination, Shooting and Passing

**Vance Arrington**

Sports: Football & Basketball

Skills: Speed, Agility & Coordination

**Note:** Please see the website for non-member pricing. Payment for sessions and packages are due before training sessions.

Please see the reverse side for additional questions and information.

**Sports Information** Please write in the sport specific/athletic performance training you are looking for (i.e. basketball, soccer, agility training, speed training, etc.). Please include what you wish to gain from this training. **Please be specific!**

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**Limitations/Concerns** Please describe below any physical limitations, medical conditions, or previous surgeries that may prevent you from doing certain types of exercise. **Please be specific!**

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### Additional Information

**Training Requested** Please select below the type of training you are requesting.

- Sports Training Individual – 45 Minute Session(s)
- Sports Training Buddy – 45 Minute Session(s)
- Athletic Performance Individual Training – Hour Session(s)
- Team Training

**Days and Times Available** Please be specific.

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### Please read and understand:

I understand that if I make an appointment with a trainer and need to cancel the appointment, I must give at least a 24-hour notice. If I fail to do so, I understand the cost of the appointment can be charged to my account.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

Please submit completed forms to Nicole Jewell, Assistant Director of Sports & Wellness. Please allow 2-3 business days for a trainer to contact you.

Thank you!