

# PREPARE TO EXCEL

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## Additional Data & Liability Release

- Depending on their respective fitness levels, muscle fatigue and soreness will be common symptoms, which client will experience and endure. These symptoms will subside as time passes and as client fitness level develops and becomes accustomed to drills, exercises and routines.
- All workout times/locations will be determined and agreed upon based on calendar/site availability. Workouts will start and conclude as scheduled. Client drop off and pick up should be planned to coincide with these times.
- All clients should be equipped with a large bottle of water, or Gatorade beverage, a sufficient sized towel, and a contact phone number for parent or guardian.
- **A full payment is required for multiple session plans, unless other payment terms have been agreed to. Receipts for invoice/billing will be administered for your records. For special team pricing or group pricing workouts, full payment is required, unless other terms have been agreed to. Checks can be made out to: Steve Ornelaz**

Injury can be a risk, with any physical activity or sport. Every precaution will be taken to prevent this and while it is highly doubtful that an injury will occur, if one does, Steve Ornelaz and the facility/location, where the workout is being held, will not be responsible or held liable.

- The signatures of client, parents or guardians validates that they have read, understand and agree to all conditions, statements & terms listed above.

Print Name

Signature

Client: \_\_\_\_\_

Parents/Guardians: \_\_\_\_\_

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

Cell Phone Dad: \_\_\_\_\_ Date: \_\_\_\_\_

Cell Phone Mom: \_\_\_\_\_ Cell Phone Client: \_\_\_\_\_

**Please bring signed copy and applicable payment to initial session**

Attorney Approved: JNDAGETT