



CHOSEN ONE SPORTS ♦ MONTHLY SPORTS TRAINING PROGRAM (Adult)

Cost: \$400 per month
Sessions: Two 1-Hour Sessions per week
Includes: Fundamentals | Mechanics | Technique | Strength Training | Conditioning | Nutrition | Balance | Body Flex | Footwork | Changing Speeds | Ball Handling | Defensive Positioning | Team Defense | Game Planning | Effective Listening and Communication | Teaching the Game the Right Way
Basketball: Shooting | Footwork | Spot Shooting | Balance | Body Flex | Using Screens | Changing Speeds | Moving without the Ball | Hand Positioning | Catching and Shooting | Ball Handling | Defensive Positioning | Team Defense | Game Planning | Free Throw Repetition
Baseball & Softball: Hitting | Pitch Selections | Vision at the Plate | Fielding | Balance | Body Flex | Footwork | Hand Positioning | Correct Throwing Positions | Arm Positions | Base Running | Pitching | PFP | Catching | Quick Releases | Outfield Work | Middle of the Field Transitions

Athlete Name DOB

Cell Phone Email

Street Address City, State Zip Code

Athlete Allergies or Health Restrictions



Chosen One Sports Monthly Sports Training Program sessions must be scheduled with Coach Christopher Weakley. Sessions cannot be rescheduled so failure to show up for a scheduled session (“No Show”) results in forfeiture of that session.

Upon my signature below, I agree to make all payments on time to ensure I continue to participate in the Monthly Sports Training Program. Payments are due each month on the first day of the month. All payments must be made using Cash App (\$BigWeakley22), Zelle (989.798.8525), or Cash payments. Cost of Program is subject to change with a 30-day written notice.

Any athlete enrolled in the Monthly Sports Training Program may purchase additional sessions for \$50 per session to be scheduled with Coach Weakley and payable at the time of scheduling.

Coach Christopher Weakley ♦ 989.798.8525

Email ♦ weakley_schoolofskills@hotmail.com

CHOSEN ONE SPORTS ♦ ADULT MONTHLY SPORTS TRAINING PROGRAM
AGREEMENT, RELEASE OF LIABILITY, AND WAIVER

Upon my signature below I (“I”, “me”, “my” hereinafter “Athlete”) accept this Agreement, Release of Liability, and Waiver (hereinafter “Agreement”), and agree to be unconditionally bound by its terms and conditions. I do hereby acknowledge that there are risks associated with physical training/working out and participating in basketball/baseball/softball/sports sessions/training/practices/games/camps/tournaments/activities (hereinafter “Sports Programs”) that Chosen One Sports and/or Coach Christopher Weakley (hereinafter “Chosen One Sports”) offer. I acknowledge and attest to having fully and carefully read and reviewed these terms and conditions, including all subparagraphs, prior to engaging in any physical activity with Chosen One Sports, and I agree without reservation to all the following provisions:

- 1) In consideration for being allowed to participate in Sports Programs with Chosen One Sports, including: work outs, physical training, practices, games, camps, tournaments, and any other related activities conducted by Chosen One Sports, I do hereby waive, release, and forever discharge Chosen One Sports, its coaches, board of directors, representatives, executors, volunteers, facilities, and all others, from any and all responsibilities, liabilities, claims, demands, and/or causes of action from injuries or damages arising out of or connected with my participation in any activities with Chosen One Sports, including those attributed to the negligent acts or omissions of the above-mentioned parties.

This Agreement shall be binding upon me, my child/children, successors, representatives, heirs, executors, assigns, or transferees. If any portion of this agreement is held invalid, I agree that the remainder of the agreement shall remain in full legal force and effect.

- 2) I understand and am aware that participating in any activities in Sports Programs conducted by Chosen One Sports are potentially dangerous and involve a risk of injury or even death. If I engage in Sports Programs with Chosen One Sports, I acknowledge that such participation is voluntary and with knowledge of the dangers involved. Subject only to the statutory rights and implied warranties that cannot be excluded, I hereby agree to expressly assume and accept any and all risks associated with participating in Sports Programs with Chosen One Sports. I furthermore agree to hold Chosen One Sports harmless for any injuries or damages, regardless of severity, that occur because of my participation in Sports Programs with Chosen One Sports.

I accept financial responsibility for any injury that I may cause either to myself or to any other participant due to his/her negligence. Should the above-mentioned parties, or anyone acting on their behalf, be required to incur attorney’s fees and costs to enforce this Agreement, I agree to reimburse them for such fees and costs. I further agree to indemnify and hold harmless Chosen One Sports, its coaches, board of directors, representatives, executors, volunteers, facilities, and all others from liability for the injury or death of any person(s) and damage to property that may result from my negligent or intentional act or omission while participating in Sports Programs with Chosen One Sports.

- 3) I do hereby further declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity, or other illness that would prevent my safe participation in Sports Programs with Chosen One Sports. I do hereby acknowledge that I have been informed of the need for a medical practitioner’s approval for my participation in Sports Programs with Chosen One Sports. I also acknowledge that it has been recommended that I have a yearly or more frequent physical examination and/or consultation with my physician as to physical activity in Sports Programs, so that I might have his/her recommendations concerning these activities. I attest that I have either had a physical examination and have obtained my medical practitioner’s permission to participate in Sports Programs, or that I have decided to participate in Sports Programs with Chosen One Sports without the approval of my physician and do hereby assume, subject only to the statutory rights and implied warranties that cannot be excluded, all responsibility for my participation in Sports Programs with Chosen One Sports.

I also give full permission for any person connected with Chosen One Sports to administer any first aid deemed necessary, and in case of serious illness or injury, I give permission to call for medical and or surgical care for me and to transport me to a medical facility deemed necessary for my well-being.

- 4) I hereby grant Chosen One Sports the irrevocable right and permission to use photographs and/or video recordings of me to use for assessment, training, marketing, or any other purpose related to Sports Programs. Chosen One Sports may use these photographs and/or video recordings on websites, in social media posts, in marketing or promotional materials, or for any other similar purpose without compensation to me.

I understand and agree that such photographs and/or video recordings of me may be placed on the Internet. I also understand and agree that I may be identified by name and/or title in printed, Internet or broadcast information that might accompany the photographs and/or video recordings of me. I waive the right to approve the final product. I agree that all such portraits, pictures, photographs, video and audio recordings, and any reproductions thereof, and all plates, negatives, recording tape and digital files are and shall remain the property of Chosen One Sports.

I hereby release, acquit and forever discharge Chosen One Sports, its coaches, board of directors, representatives, executors, volunteers, facilities, and/or participants from any and all claims, demands, rights, promises, damages and liabilities arising out of or in connection with the use or distribution of said photographs and/or video recordings, including but not limited to any claims for invasion of privacy, appropriation of likeness or defamation.

I have read and understood the foregoing and I understand that by signing this Agreement I agree to hold Chosen One Sports harmless for any injury or damage I may suffer while participating in Sports Programs with Chosen One Sports. I further understand that this obligates me to indemnify the parties named for any liability for injury or death of any person and damage to property caused by my negligent or intentional act or omission. I understand that by signing this form I am waiving valuable legal rights. I also understand this Agreement may be cancelled only with a 30-day written notice.

Athlete Signature

Print Athlete Name

Date