



## Performance Coaching Agreement

To commence your coaching program, please begin by reading this document in full, filling in the agreement section at the bottom, and returning it to me at Pat\_Sansbury@hotmail.com. You may then complete the process by contacting us at (845)629-8299 to provide payment information. Committing to the process of being coached is a partnership that aims to educate, support, and develop you in a streamlined fashion. After completing our initial audit and the payment has been secured, the coaching process will commence.

## Program Goals & Objectives

The goals of the program will ultimately be determined by you. The driver behind the process is to help you determine, achieve, and exceed the goals that you set for yourself.

The primary objectives for this journey include the following:

- Outlining and achieving your goals through a detailed action plan
- Improved training, racing, health and nutritional knowledge
- Improved training focus, structure, efficacy, and productivity
- Structure and the benefits of a systemic approach

If you are a local client, you will have access to our weekly group workout sessions. These may be available to you, depending on the level of coaching you desire and commit to.

## Assignment work

The initial stages of the coaching process may require you to complete some assignment work. This will involve providing information to help your coach plan and further develop your training program.

## Expectations

Below is a simple list of expectations of you, as the client. These expectations exist in hopes of maximizing the service to you, and for you to get the most out of your coaching process.

- Return e-mails, texts and phone calls in a timely manner
- Complete assignments in a timely fashion
- If applicable, attend coaching activities if possible
- Reschedule any appointment conflicts at least 24 hours in advance
- Provide scheduling changes and updates at least 2-4 weeks in advance
- Consults are to be scheduled during our regular consulting hour

## Coaching Policy

The most important ingredient in this process is action, the doing of what we plan. Quite often this can be uncomfortable as we step outside your comfort zones, however this is where success generally lies. Personal coaching sessions are valuable. We ask that you respect this by notifying us of session changes at least 24 hours prior to our agreed coaching or consult time. If coaching sessions are not changed within a 24-hour period or you simply do not attend your session, you will lose that appointment.

## Payments

We require payment in advance for coaching services via paypal or check. In order to begin, you will need to provide us with this information. We do not require long-term contracts, but do require a 30 day notice of cancellation. You will be billed on the 1st of each month, for the month of coaching you are about to receive, and will receive a paid invoice accordingly.

Please take a moment to read through the following payment policies in order to insure you are provided with the highest level of service possible.

1. Payment must be but must be received by the 5th
2. If the funds are not received by the 5th the account will be placed on hold

## Termination of Agreement

We reserve the right to terminate your coaching program at any time if on more than one occasion you miss calls or sessions, regularly don't do the field work, or are late with payments. A 30 day notice of cancellation of service so that we can provide you with the necessary materials you have paid for, as well as open your spot up to a new client.

## Liability

We work on the premise that you are 100% responsible for your own life and decisions. We will offer suggestions, options, and coaching based upon our professional and life experiences. We will work with you to help you find the solutions to your performance problems, but any decision on a course of action is yours and you accept full responsibility for these decisions. You should fully explore the consequences of various options and make your decisions accordingly.

## Agreement not to hold liable

You agree that the coaching program and inherent sessions may be physically, mentally and even emotionally challenging, and there may be occasions in which you feel such challenges. You agree not to hold the Pinnacle coaching services liable for any loss incurred due to any personal, emotional, or physical stress or distress. You shall indemnify Pinnacle Coaching Services and any of its representatives in the event of any such claim. You warrant that you do not have any mental or physical illness or injury, or that you are not undergoing any therapy of any kind, or if you are that you have the written permission of your physician or therapist to engage in athletic, fitness,

health and wellness coaching. We reserve the right to terminate our sessions at any point if we believe another course of service or therapy would be more appropriate for your situation.

COACHING AGREEMENT

I, \_\_\_\_\_  
understand that certain elements of this program can be challenging. As a condition of my enrolment I accept full and complete responsibility for my own participation in this program and for my physical and emotional wellbeing and the attainment of the goals that I have established for this program.

I understand the investment for coaching services is always made in advance and that I must notify my coach at least 24 hours in advance of any changes I wish to make to my training timetable and at least 30 days in advance of my desire to terminate my coaching services.

Client Signature \_\_\_\_\_ Date: \_\_\_\_\_

Coach Signature \_\_\_\_\_ Date: \_\_\_\_\_