



Athlete Intake/Application

Welcome to The Sports Lab 2024 summer athlete application. To keep groups small to provide the best support and results, we have a selection criterion. We are not necessarily taking the best or most promising athletes, but the most motivated, committed, and willing to challenge themselves to learn to be the best.

Name:

Date of birth:

Athletes Phone Number:

Athletes Email:

Email for payment:

24/25 team and sport:

2024/2025 sport season goals (what team do you want to make, personal achievements etc):

Reasons for wanting to train at The Lab:

Planned holidays for summer 2024:

Current/Past relevant illnesses, conditions, and injuries:



What training schedule would you like to do? (circle or select)

If scheduled times do not work, what days/times would for your schedule?

POLICIES AND INFORMED CONSENT

The fee for 5 training days/week is \$330.00/month, 4 days/week is \$280/month, 3 training days/week is \$230.00/month, and online training is \$75.00/month. By registering for summer training I understand I must select 1 of the 4 options, and pay via e-transfer on the 1st of each month. I hereby consent to the coaches at The Sport Lab to the use of strength training, speed training, mobility work, and other forms of exercise prescription at The Lab (402 Anderson Street) or other locations both indoor and outdoor settings.

I understand the strength and conditioning, the risks involved, and the possibilities of injuries. I appreciate there can be no guarantee of assurance as to the results and that injuries may occur. I do not expect the coaches (Arthur Andrews + Joey St.Onge) to be able to anticipate and explain all risks and complications and I wish to rely on the coaches to exercise judgment during the course of training which the coach feels at the time, based on the facts known, is in my best interest.

I understand that all exercise programs place a workload on the body to promote improvement and at the same time present the risk of negative body response to that exercise. I understand that the coaches will do their best care to properly progress, monitor, and care for any current injuries.

I agree with the above-named strength and conditioning program by the coaches. I intend this consent form to cover the entire course of summer training and for any future sessions for which I seek assistance. I understand that there may be some discomfort from the training depending on the exercises and I agree to inform the coaches should any additional symptoms occur.

I give my consent to Arthur Andrews, CAT(C) (2-6104) authorizing him to send electronic messages (email/text) regarding payment reminders, booking information, and any other pertinent information to my email address/mobile phone indicated on the Intake Form. I also consent to the coaches to take photos or videos that may be used on social media or for further marketing. If I do not want to receive this information or have photos or videos taken, I will contact Arthur Andrews directly.

Print Name

Date:

Signature of Athlete or Parent/Guardian