



## Disclaimer

I, the undersigned, voluntarily participating in a program of strenuous activity including, but not limited to, weight training, activity on various surfaces, and the various aerobic/conditioning machinery offered by True Sports Performance. I understand this exercise program requires intense physical effort and is not recommended for individuals with health problems including, but not limited to, asthma, heart disease, torn or damaged muscles and ligaments or broken or fractured bones. I understand, if I have a personal or family history of health problems I must consult with a physician before starting a new exercise or diet program. I further understand neither True Sports Performance nor its personal trainers are responsible or liable for injury sustained by me. ***EVEN IF THE INJURY IS CAUSED OR AGGRAVATED BY THE NEGLIGENCE OF TRUE SPORTS PERFORMANCE OR ITS PERSONNEL.***

I agree to disclose all medical history on the True Sports Performance's Medical Questionnaire. I affirm that the athlete named below is in good physical condition and does not suffer from any disability that would prevent, cause further damage or limit voluntary participation in the above referenced exercise programs unless it is specifically identified on the True Sports Performance Medical Questionnaire, which I will request if needed.

In the event of purchasing True Sports Performance programs, no refunds will be made, with the exceptions of moving out of a reasonable area or permanent disability/injury.

I give permission for TRUE SPORTS PERFORMANCE to photograph and/or video the training sessions/ camps/ or clinics in which I participate in. I further give permission for TRUE SPORTS PERFORMANCE to use these photos or videos for marketing purposes or on their website.

I have read and fully understand the above. Further, I have had an opportunity to ask questions regarding this Disclaimer and all questions have been fully answered.

Signature: \_\_\_\_\_

Name (Print): \_\_\_\_\_

Athlete's Name: \_\_\_\_\_

Date: \_\_\_\_\_

Phone #: \_\_\_\_\_

School: \_\_\_\_\_