

ADAPT Sports Lab Training Agreement

Date: _____
Athlete's Name: _____
Parent/Guardian's Name: _____
Training Start Date: _____
Training End Date: _____

Program Selection (Please check one):

- **GOLD:** Next Level Academy — \$449/month | 16-week commitment (4 months)
 - 3 evenings per week (1 hr 45 min each) — high-intensity, advanced training volume
 - Progressive M³ Velocity System™ — advanced speed mechanics, explosive power, and in-game acceleration
 - MindEdge Development™ — resilience, adaptability, and thriving under high-pressure conditions
 - VALD performance testing at baseline, midpoint, and completion — validated data scouts trust
 - Recruiting Support: 2 parent/athlete strategy sessions
 - Exclusive Bonuses: Winter camp (December) + access to special events
- **SILVER:** ANBOS Training — \$299/month | 12-week commitment (3 months)
 - 2 evenings per week (1 hr 45 min each)
 - Advanced speed, strength & explosiveness development through M³ Velocity System™
 - MindEdge Development™ — tools to boost confidence, adaptability, and focus under pressure
 - VALD baseline + completion testing
 - Parent Snapshot Reports
- **BRONZE:** Foundation Training — \$179/month | 12-week commitment (3 months)
 - 2 evenings per week (90 minutes each) — structured, age-appropriate training
 - M³ Velocity System™ Foundations — movement mechanics, first-step quickness, speed, and explosiveness
 - Intro to MindEdge Development™ — focus, confidence, and adaptability drills
 - Performance & Mindset Assessments

Payment Type (check one):

- **Monthly** — per program selected (\$449 Gold | \$299 Silver | \$179 Bronze)
- **Paid in Full** — one-time payment (\$1,796 Gold | \$897 Silver | \$537 Bronze)

Note: All payments will be processed securely through Stripe.

Commitment & Extension

I understand this agreement requires the minimum commitment listed above for the selected program. At the end of the initial term, this agreement may be extended on a month-to-month basis or renewed for an additional term.

Payment

Payment is due on the 1st of each month via Stripe.
Late payments may result in a \$50 late fee and suspension of training until the balance is cleared.

No Refunds / Cancellation Policy

All tuition payments are non-refundable once the program begins.

If an athlete withdraws before completing the commitment, the full program balance is still due.

In cases of documented injury or medical condition preventing participation, training credit may be applied to a future program at the discretion of ADAPT Sports Lab.

Parent/Guardian Initials: _____

Waiver & Acknowledgment

I understand athletic training involves physical activity and carries a risk of injury.

I release ADAPT Sports Lab, its coaches, and staff from liability for injuries that may occur during training, except in cases of gross negligence.

I agree that my athlete will follow all training guidelines, safety instructions, and facility rules.

Signatures

Parent/Guardian Name (print): _____

Parent/Guardian Signature: _____ Date: _____

Athlete Signature (if 18+): _____ Date: _____

Coach/Representative (ADAPT Sports Lab): _____ Date: _____