



Triathlon Training Program Enrollment Form

To enroll in a program, print, complete, and sign this form. Send the form together with your check to the address in the form, below. If you have any questions, call Coach Sharon at 603-489-3978.

Name:	Date of Birth:																		
Address:																			
Phone Number:	Email:																		
What are your athletic/fitness goals this year?																			
Do you have a goal distance or event(s) planned for this year? If so, describe briefly...																			
What is your athletic/fitness background?																			
How much are you currently training per week? (fill in the table to the right)	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Activity</th> <th style="text-align: center;">Time</th> <th style="text-align: center;">Distance</th> </tr> </thead> <tbody> <tr> <td>Swim</td> <td></td> <td></td> </tr> <tr> <td>Bike</td> <td></td> <td></td> </tr> <tr> <td>Run</td> <td></td> <td></td> </tr> <tr> <td>Strength</td> <td></td> <td style="text-align: center;">n.a.</td> </tr> <tr> <td>Other</td> <td></td> <td></td> </tr> </tbody> </table>	Activity	Time	Distance	Swim			Bike			Run			Strength		n.a.	Other		
Activity	Time	Distance																	
Swim																			
Bike																			
Run																			
Strength		n.a.																	
Other																			
Are you currently receiving any other coaching?																			
Number of days and hours per week you have available to train.																			
Describe any injuries or physical limitations.																			
Select a program level to the right. Make your check out to TriFury. Send the check and completed, signed form to: Sharon Johnson 5 Country Club Lane Plaistow, NH 03865	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: center;">Participation Level</th> <th style="text-align: center;">Sessions per week</th> <th style="text-align: center;">Cost</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">1</td> <td style="text-align: center;">1</td> <td style="text-align: center;">\$125</td> </tr> <tr> <td style="text-align: center;">2</td> <td style="text-align: center;">2</td> <td style="text-align: center;">\$175</td> </tr> <tr> <td style="text-align: center;">3</td> <td style="text-align: center;">Unlimited</td> <td style="text-align: center;">\$220</td> </tr> </tbody> </table>	Participation Level	Sessions per week	Cost	1	1	\$125	2	2	\$175	3	Unlimited	\$220						
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To enroll in the program, please read and sign the waiver below.																			
TriFury Triathlon Training Program Waiver I, the undersigned participant, parent or legal guardian if under age 18, intending to be legally bound, do hereby certify that I am physically fit, and have not been informed otherwise by a physician. I acknowledge that I am aware of the risks inherent in triathlon (training, competition, recreation) including possible permanent disability or death, and agree to assume all of those risks. As a condition of my participation in a TriFury Triathlon Training Program, or any activities incident thereto, I hereby waive any and all rights to claims for loss or damages, caused by negligence, active or passive, including all claims for loss or damages caused by negligence, active or passive of the following: TriFury Triathlon Club, USA Triathlon, the Merrimack Valley YMCA, and any individuals running the program or supervising such activities. I consent that the photographs and/or video, taken by photographers/film crew shall remain the property of TriFury and may be used for the purpose of advertising, publicity, in house publications and promotions.																			
Date:	Signed:																		
	Print:																		